

What is DBT?

Dialectical Behavior Therapy (DBT) skills is a research-based treatment for Borderline Personality Disorder that has been helpful in assisting clients in reducing suicidal thoughts and self-injury. However, clients do not have to have a diagnosis of Borderline Personality Disorder to participate. DBT has also been shown to be effective with depression and bipolar disorder, all of the various anxiety disorders, other personality disorders, eating disorders, and alcohol and drug problems.

DBT is a modification of Cognitive Behavior Therapy that includes mindfulness practice and a dialectical outlook. Dialectical means “weighing and integrating contradictory facts or ideas with a view to resolving apparent contradictions”. The main dialectic in DBT is between accepting things as they are and learning skills to make change in one’s life. We work to integrate both strong emotions and logical thoughts. We put effort into meeting our own needs and wants while meeting the needs and wants of others who are important to us. DBT’s goals are to help clients to move from being out of control of their behavior to being in control, to move from being emotionally shut down to experiencing emotions fully, to solve everyday life problems, and to build a life worth living by working towards goals for the future.

Adult DBT Skills

CENTRAL MINNESOTA MENTAL HEALTH CENTER SITES

St. Cloud

1321 13th Street North
St. Cloud, MN 56303 Phone:
320.252.5010

Monticello

407 Washington Street
Monticello, MN 55362
Phone: 763.295.4001

Elk River

253 8th Street NW; Ste. A
Elk River, MN 55330
Phone: 763.441.3770

Buffalo

308 12th Avenue South
Buffalo, MN 55313
Phone: 763.682.4400

24-Hour Crisis Emergency Hotline

320.253.5555 or 800.635.8008

24-Hour Detoxification Services

320.252.6654

Central Minnesota Mental Health Center

Dialectical Behavior Therapy (DBT) Skills Group

Elk River



*Providing high quality Professional
Mental Health Services*

March 2016

Training Group

The DBT Skills Training Group meets weekly at the Elk River site and is taught in a two (2) hour lecture style format. It takes about seven (7) months to complete all the modules once and new clients are added every ten weeks. It is recommended that clients complete all modules twice, though this isn't required. Skills learned are practiced at home. Diary cards are completed weekly to assist in using skills learned and in monitoring mood as well as making changes in target behaviors. Occasional homework assignments assist clients in putting new skills into practice.

The DBT skills training program is open to adults. All clients who are in the program must also be in individual therapy. You will meet with a therapist for an intake assessment and to receive information about group rules and requirements. If you are currently in individual therapy and are working well with your current therapist you can continue with that therapist.

If you are not currently involved in therapy, you may start individual therapy with the intake therapist if desired.

We coordinate with therapists inside and outside of the agency. You will be placed on a waiting list

and called as soon as there is an opening. We accept most insurance plans. To schedule an intake appointment or if you have any questions you may call 763.441.3770.

About the Therapist

Kristi Sandin-Rieck, MSW, LICSW has over twelve years of experience teaching DBT skills to adults. She is also an individual therapist who works with adolescents and adults.

CMMHC does not discriminate in access to services due to race, color, creed, religion, sex, national origin, marital status, age, gender identity, sexual orientation, handicap or public assistance status.

A Brief Description of Module Topics

Skills are Taught in a four module or education unit format:

Module 1: Core Mindfulness

Clients learn to better focus their attention, to be more aware (mindful) of what's happening within themselves and in their environment, and to make better decisions that include increased use of reasoning rather than just reacting emotionally.

Module 2: Distress Tolerance

Clients learn to use coping skills to tolerate distress more effectively and to better cope with problems that they can't change.

Module 3: Emotion Regulation

Clients learn skills to be more aware of emotions experienced and the purpose behind them, and to better manage their emotions so that they less frequently experience extreme "emotional highs and lows".

Module 4: Interpersonal Effectiveness

Clients improve communication skills, learn skills to better balance their lifestyle, and to maintain and improve relationships.

