

The Auburn-Davis Center for Dialectical Behavior Therapy

DBT for Adults Program Overview

Individual Therapy

- Schedule: Individual therapy sessions are 45 minutes long and are conducted weekly.
- Function: Improving and maintaining commitment and motivation.
- Personalized problem solving. Applying new skills where needed.

Adult Skills Training Group

- Schedule: Adult group therapy sessions are weekly for 1 ½ hours for 18 weeks.
- Function: Improving the client's capabilities. Teaching and practicing new ideas and skills.

Parent Skills Training Group(Available as needed)

- Schedule: Parent group therapy sessions are weekly for 1 ½ hours for 18 weeks. At least one parent must attend. Alternating weeks are not allowed between the parents.
- Function: Improving parent capabilities. Teaching and practicing new ideas and skills.

Telephone Consultation

- Schedule: As needed.
- Function: Assist the generalization of skills to the client's life. Crisis intervention. Teaching how and when to appropriately ask for help
- Note: The individual therapist is the primary telephone consultant. The group therapist is the backup telephone consultant.

Team Consultation

- Schedule: Weekly
- Function: Coordination of the treatment team. Clients do not attend.

Continuing Care

- Schedule: Ongoing weekly or biweekly individual DBT sessions
- Function: Continue with skill building, rehearsal and application.