

DBT for Adolescents

Program Overview

Individual Therapy

- Schedule: Individual therapy sessions are 50 minutes long and are conducted weekly (unless otherwise indicated)
- Function: Improving and maintaining commitment and motivation
- Personalized problem solving. Applying new skills where needed.
- Note: Every fourth session is a parent-teen check-in session

Teen Skills Training Group

- Schedule: Teen group therapy sessions are weekly for 1 ½ hours for 25 weeks.
- Function: Improving the client's capabilities. Teaching and practicing new ideas and skills

Parent Skills Training Group

- 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. Telephone consult is for the adolescent.

Team Consultation

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