



**DIALECTICAL
BEHAVIOR
THERAPY**

TO LEARN MORE

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DBHIDS.org/EPIC

CONTACT
EPIC_DBHIDS@phila.gov

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WHAT IS DIALECTICAL BEHAVIOR THERAPY?

Dialectical Behavior Therapy (DBT) is an evidence-based treatment that balances principles of acceptance (mindfulness) and change (behaviorism).

This treatment approach is appropriate for adolescents (11-18 years of age) and adults (18+) who are struggling to regulate emotions, manage interpersonal relationships, and/or those who have a history of self-harm behaviors such as cutting or suicidal thoughts. DBT teaches skills for coping with emotional and relationship challenges, as well as coaching to use those skills during times of crisis.

HOW DOES DBT HELP?

DBT focuses on supporting individuals who are experiencing high-risk and complex symptoms and who are likely to be high utilizers of time intensive and costly services.

Research has shown that DBT helps to reduce suicide attempts, self-harm, visits to emergency departments, and psychiatric inpatient days, while increasing coping skills and improving quality of life.

WHO BENEFITS FROM DBT?

Individuals struggling to manage the following may benefit from DBT:

- **Emotions** – regulating emotions (anger, sadness, shame, guilt, fear, emotional lability)
- **Behaviors** – impulsive and self-destructive behaviors (suicide, self harm, fighting, substance use)
- **Relationships** – having and managing relationships
- **Self** – knowing who you are/what your values are and “building a life worth living”

WHAT IS INCLUDED IN DBT TREATMENT?

Treatment is delivered in an office setting for approximately 6-12 months. To accomplish the goals of DBT, the treatment includes the following components:

- **Skills Training Groups (2 hours weekly)** – teach specific skills that are essential for managing emotional distress e.g. Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance
- **Individual Psychotherapy (1 hour weekly)** – focus on understanding what’s contributing to problems and learning to apply new and more effective alternative skills.
- **Between-Session Coaching** – telephone access for skills coaching as needed between sessions

HOW DO YOU GET REFERRED?

DBT is currently available for adolescents and adults in outpatient and residential settings. For outpatient DBT, please contact any of the providers on the DBT provider list for help in determining if the treatment is right for you or a loved one. For DBT in residential settings, pre-authorization from Community Behavioral Health is required.

WHO PAYS FOR DBT?

DBT is available at no cost to Community Behavioral Health (CBH) members. For more information about CBH and to find out if you have CBH, please contact Member Services at 1-888-545-2600. If you or your family is not covered by CBH, you can contact the providers directly to determine if your insurance plan is accepted.

WHERE IS DBT LOCATED?

A number of providers offer DBT throughout Philadelphia. You can find the location nearest you by using the DBT provider lists on the EPIC website (dbhids.org/epic).