

## DIALECTICAL BEHAVIOR THERAPY (DBT)

A treatment approach for adolescents and adults with uncontrollable or harmful behaviors

# ASK FOR IT BY NAME: DBT

### ? What is Dialectical Behavior Therapy (DBT)?

DBT provides individuals the skills to manage painful emotions and decrease conflict in relationships. DBT helps clients to achieve a life that is worth living with balanced relationships, meaning and purpose by teaching them how to regulate their emotions, thoughts and actions.

### 🧑 Is DBT right for me?

Individuals struggling to manage the following may benefit from DBT:

- Emotions
- Behaviors
- Relationships
- Self-awareness: knowing who you are, what you value, and building a life worth living

### “ Testimonials

#### Michelle

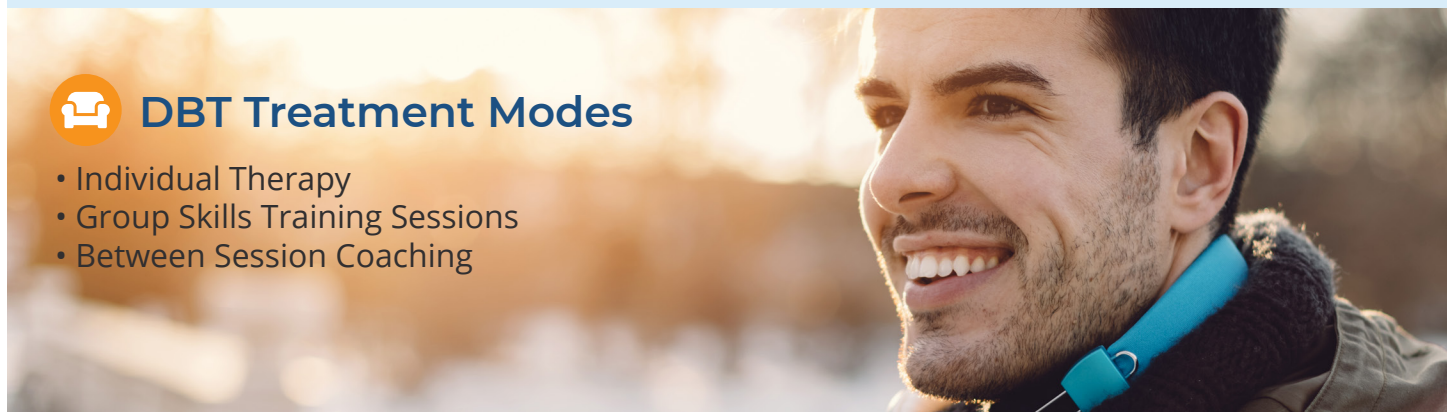
“In my family relationships I became, for the first time, a help rather than a burden. With DBT skills, I can get better and better. I see a confidence I never felt before because I've always been insecure with myself. My family was distant from me because of my erratic behavior, but they see a change in me.”

#### Jack

“My favorite DBT skill is radical acceptance. I think a lot of my suffering came from not accepting things in my life that were happening and not realizing I played a role in those things. DBT helped me view myself in those parts of my life and accept what is happening.”

### 🚗 DBT Treatment Modes

- Individual Therapy
- Group Skills Training Sessions
- Between Session Coaching



## Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for DBT.

For more detailed information, visit [DBHIDS.org/EPIC](https://DBHIDS.org/EPIC).

## THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

# EVIDENCE-BASED PRACTICES: EBP

### What are EBPs?

EBPs or Evidence-Based Practices are treatments supported by research that have been proven to help people thrive.

### Why are EBPs important?

Just as doctor's offices look for the best treatments for physical health concerns, we want to do the same for behavioral and mental health concerns. EBPs provide hope to families by offering the most effective treatments.

### Where can I find EBP providers?

Visit our website, [DBHIDS.org/EPIC](https://DBHIDS.org/EPIC) or call Member Services at 888-545-2600.



## Outpatient provider agencies offering Dialectical Behavior Therapy

in the Community Behavioral Health Network

- The Bridge 215-342-5000
- COMHAR, Inc. 267-861-4382
- Devereux Advanced Behavioral Health 610-422-1468
- Elwyn 215-895-5588
- Jefferson Center City Clinic for Behavioral Medicine 215-827-7749
- Joseph J. Peters Institute 215-701-1560 or 215-665-8670
- Merakey, Mt. Airy 215-248-6700
- Merakey, Knights Rd. 215-632-9040
- Warren E. Smith Health Center 215-456-2662