

The Four Modules of DBT Skills Training

MINDFULNESS



The practice of being fully aware and present in the moment.

DISTRESS TOLERANCE



How to tolerate pain in difficult situations, not change it.

EMOTION REGULATION



How to change emotions that you want to change.

INTERPERSONAL EFFECTIVENESS



How to ask for what you want and say no while maintaining self-respect and relationships with others.



**St. Clair County
Community Mental Health**
Providing Opportunities for Health, Wellness, & Connection

**Information and Access to Services:
810-488-8888**

**24-Hour Crisis Line:
810-966-2575**

www.scccmh.org |    

**St. Clair County
Community Mental Health**
3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

**St. Clair County
Community Mental Health
Child & Family Services**
2415 24th Street
Port Huron, MI 48060
(810) 488-8840

**St. Clair County
Community Mental Health - South
Adult Services**
6221 King Road
Marine City, MI 48039
(810) 765-5010

**St. Clair County
Community Mental Health - South
Child & Family Services**
135 Broadway
Marine City, MI 48039
(810) 400-4200

**St. Clair County
Community Mental Health - West**
14675 Downey Road
Capac, MI 48014
(810) 395-4343

DBT

DIALECTICAL BEHAVIOR THERAPY



**St. Clair County
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What is DBT?

Dialectical Behavior Therapy (DBT) is an evidence-based therapy that is an effective treatment for people diagnosed with **Borderline Personality Disorder**. DBT is designed to help reduce self-harm behavior and suicidal ideation while teaching skills to cope with and change unhealthy behaviors.

In DBT, the therapist and clients work hard to balance change with acceptance, working to integrate both **feelings and logical thoughts**. The balance between change and acceptance strategies is what gives DBT its name. A **dialectic** is when things seem to be in conflict and yet are both real and true at the same time. A core dialectic of DBT is **accepting where we are right now and changing for the better**, such as, "I'm doing the best I can, and I need to do better and try harder." Using "and" in the middle of a dialectic instead of "but" to indicate that both thoughts are equally true.

DBT recognizes that program participants may not have caused all of their own problems, but they must solve them anyway. It emphasizes that people can learn and use new skills to **develop a life that is worth living!**

What is Borderline Personality Disorder?

Borderline personality disorder (BPD) impacts a person's ability to regulate their emotions. People with BPD might experience instability with moods, behavior, self-image, thinking, and relationships.

Loss of emotional control can increase impulsive behavior, such as substance use, sexual behaviors, and self-injury, and may contribute to repeated life crises such as legal problems, job loss, and housing insecurity.

How DBT Works

At St. Clair County Community Mental Health (SCCCMH), DBT is an "at-will" program, meaning each person chooses to fully participate. DBT is built on mutual trust between therapist and client. It's a real, equal relationship. The program is intensive, requiring time and commitment.

Program participants will utilize:

- **Weekly individual therapy** to build motivation and practice applying skills to life challenges, reviewing weekly diary cards with the therapist.
- **Weekly group skills training sessions** to learn and practice skills. Groups meet for two hours, and it takes about a year to complete all modules.
- **Telephone coaching** for 24/7 "in-the-moment" support to use DBT skills during challenging life situations.

Participants sign an agreement with their therapist where they commit to engaging in the program. They define what a "life worth living" looks like to them, and target which behaviors they desire to change. The therapist also signs, committing to provide support and therapy to the best of their ability.

To find out more about DBT and whether it's right for you, talk to your CMH Case Manager

