

## Eligibility

DBT is available without a co-pay to clients insured under the Community Care Behavioral Health Plan and Magellan Montgomery County. Privately insured clients may participate with coverage for individual sessions as determined by the insurance company and flat rate co-pay for group sessions.

All interested participants must submit a completed referral form in order to schedule an intake. Following the intake, our DBT team will review and determine eligibility. Individuals must complete a psychiatric evaluation with one of our psychiatrists.

## Groups

### **Adolescent Group**

Mondays: 5:30pm - 7:00pm

### **Adult Group**

Thursdays: 10:00am -11:30am

Fridays: 1:00pm - 2:30pm

## Penn Psychiatric Center

### **About us**

Penn Psychiatric Center has been offering comprehensive mental and behavioral health services for over 20 years. Our highly qualified and compassionate staff are dedicated to creating individualized strength based and recovery oriented treatment plans to fit all recovery needs that empower everyone to reach their maximum potential.

601 Gay Street  
Phoenixville, PA 19460

## DBT Program Contact

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Email: [programsupport@ppcmh.com](mailto:programsupport@ppcmh.com)

# DBT

## Dialectical Behavior Therapy

*for Adults and Adolescents*



**Penn Psychiatric Center**

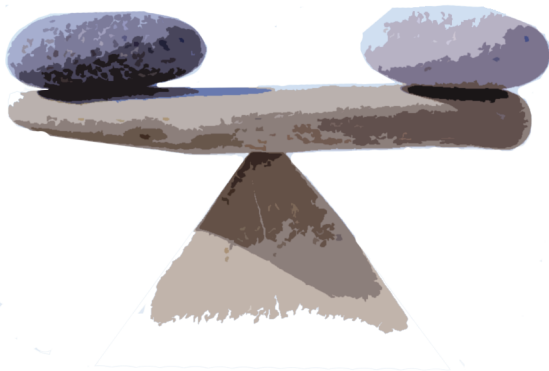
[www.ppcmh.com](http://www.ppcmh.com)



***We are a Commission on Accreditation of Rehabilitation Facilities (CARF) certified facility.***

We are an equal opportunity care provider.

NOT AFFILIATED WITH THE UNIVERSITY OF PENNSYLVANIA HEALTH SYSTEMS OR HOSPITALS



# What is DBT?



DBT, or Dialectical Behavior Therapy, is for individuals who experience their life as too difficult to cope with and have not found success with other means of talk therapy. DBT teaches how to transform a life, rather than give up. Individuals who may benefit from DBT include those with:

- Mood swings that quickly go up & down
- Chronic relationship challenges
- Behavioral outbursts
- Self-harming behaviors
- Chronic stuck symptoms
- Black & white thinking
- Suicidal thoughts as an escape

The DBT Program provides a structured setting to work towards mastery of four essential life skills: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance. DBT individual therapy is where clients identify how to put these new skills into action. In therapy, participants track both old and new behaviors to make sure that they are moving toward lives worth living.

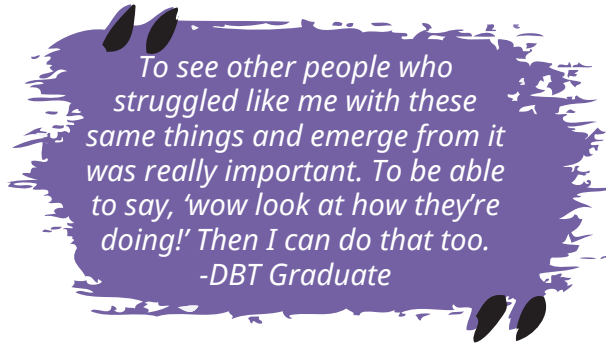
DBT is a new way to face daily challenges. It takes work and is challenging, possibly more than you've ever been challenged before! The purpose of DBT is to teach the concrete steps that are necessary for problem-solving and moving forward.

When you think that you have tried everything and nothing has worked, let DBT help you answer the question: "What makes your life worth living and how can you get there?"

# Comprehensive Program

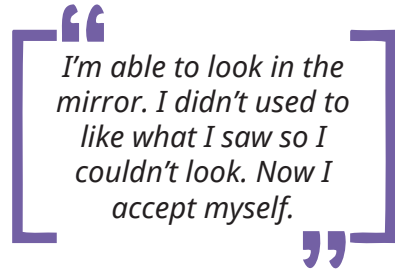
Our DBT program is a specialized outpatient therapy approach that requires a minimum 6 month commitment. Both Individual sessions and Skills Group are held weekly. Participation in the program includes access to coaching phone calls and coordinated homework assignments to implement and strengthen skill use. The program strives to:

- Balance Acceptance & Change
- Teach Self-Validation
- Build Essential Life Skills



# Coaching Phone Calls

A distinct difference between DBT and other talk therapies is the availability of coaching calls when there is a likelihood of skills breakdown. Making a call or placing a text to stay on track shows that you are committed to a new way of responding to stress. It allows you to identify what you have already tried to manage and allows your therapist to offer suggestions for additional skills to use. Many group members have said that sending a text for coaching helps ground them with the belief that they can do things differently and interrupted automatic habits.



# Skills Group

DBT Skills Group is an educational group that teaches and builds skills. The group is divided into three 30 min sections:

- Mindfulness exercises (differ each week to teach the breadth and depth of this very powerful intervention)
- Homework Review (this is where the skills are truly learned, in practicing in between groups)
- New Skill Instruction

