

HOW CAN DBT HELP ME?

The DBT skills group can teach you skills to get through a crisis, be more mindful of your behaviors, regulate your emotions, and become more effective both in relationships and in communication. Your therapist will examine your behavior and work with you to modify by tracking your emotions and behavior then utilizing the skills to replace the behavior with more productive ones. In situations where you are struggling. There is a 24 hour coaching line available to promote the use of skills. Essentially, DBT gives you the foundation necessary to change so you can improve your quality of life.

What we need from you:

DBT relies on your willingness and commitment to changing your behavior. We will require that you commit to doing a daily diary card, attending weekly individual therapy sessions, weekly skills group for six months (or up to one full year) and calling for DBT phone coaching if you need help. These items will all be explained to you from your case holder or a member of the DBT team.

Customer Service 1.800.317.0708 or
989.772.5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989.539.2141

Isabella County The George Rouman Center

301 South Crapo Street
Mt. Pleasant, MI 48858
989.772.5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989.426.9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231.796.5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989.631.2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231.832.2247

Accredited by:



Joint Commission

On Accreditation of Healthcare Organizations

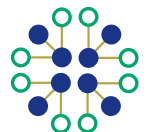
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DIALECTICAL BEHAVIOR THERAPY (DBT)

Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

DBT was originally intended to treat borderline personality disorder (BPD), but it has been adapted to treat other mental health conditions beyond BPD. It can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviors.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

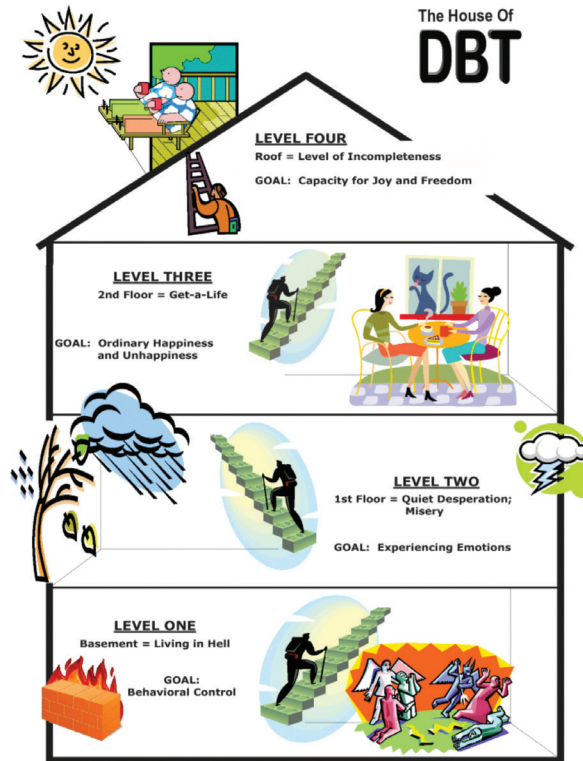
WHAT IS BORDERLINE PERSONALITY DISORDER?

Borderline Personality Disorder (BPD) is characterized by sudden intense emotions which can seem impossible to control and a very slow return to normalcy. This can often lead to the development of coping skills which have a negative impact on your life, such as self harm, substance abuse, or bursts of anger. Individuals with BPD experience at least five of the following:

- Intense & unstable relationships
- Feelings of abandonment
- Problems with identity
- Impulsivity
- Suicidal/self harm behavior
- Unstable affect
- Feelings of emptiness
- Intense/uncontrollable anger
- Paranoia or dissociative symptoms



THE HOUSE OF DBT



The DBT House visually represents an individual's emotional landscape and progress in learning DBT skills. By constructing a "house" with various rooms representing different aspects of one's emotional life, individuals can better understand their emotions, thoughts, and behaviors.

Structure of the DBT House: The DBT House consists of several rooms, each representing a different aspect of an individual's emotional experience, such as self-care, interpersonal relationships, and coping skills.

FOUR COMPONENTS OF DBT

Mindfulness

This component introduces core mindfulness skills that are essential in order to be able to implement any of the other skills. Mindfulness is being present within one moment, in a purposeful and particular way.

Distress Tolerance

This module introduces and reviews crisis survival strategies that you can use in moments of crisis or when struck with a harmful urge. The skills are used in order to help you get through the moment, without making it worse. The second aspect of distress tolerance is a somewhat radical approach to life, called reality acceptance. Reality acceptance is when one accepts that pain is part of life.

Emotion Regulation

This module focuses on understanding and identifying emotions, how to decrease emotional sensitivity, and how to learn to react to emotions in a less intense way. It also discusses ways to increase resiliency.

Interpersonal Effectiveness

The skills focus on how to be assertive in asking for something, saying no, and how to cope with stressful interactions in a way that maximizes your chances of meeting your goals. It highlights the necessary balance between what the situation calls for and what your various goals are, both in the short-term and the long-term.