



Dialectical Behavioral Therapy (DBT)

DBT is a type of talk therapy especially adapted for people who experience emotions very intensely. DBT was developed to treat highly suicidal individuals and those who meet the diagnostic criteria for borderline personality disorder. DBT consists of:

- Individual therapy, skills training group, and telephone coaching
- A year-long program meeting weekly

Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

What is expected of me?

- Attend regularly scheduled weekly individual therapy session and weekly skills training group.
- Use phone coaching as needed.

What can I expect?

- Learn about the four DBT modules:
 - Mindfulness
 - Interpersonal Effectiveness
 - Distress Tolerance
 - Emotion Regulation
- Attend weekly individual and group sessions
- Phone coaching provided, as needed

Who is eligible?

- Borderline Personality Disorder diagnosis
- Recurrent hospitalizations and/or suicide attempts
- Consistent baseline of suicidal ideation

Talk With Us.

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