

Group Facilitators

Mark Hankla, MA, Laurie Patton, MS, and LauraLee Clinchard, MA facilitate Dialectical Behavior Therapy groups for adolescents and adults. Bill Bonacker, MSW—who was trained in DBT by Dr. Linehan and has extensive experience in providing treatment to individuals with complex personality and post-trauma disorders--serves as clinical consultant.

Format

Group meets weekly for 90 minute sessions. Skill training modules are repeated every six months and new clients may join the group during the first three sessions of each cycle.

Meeting in the Psychotherapy Associates offices at 1919 So. 40th Street, Suite 312, Lincoln, three groups are available. Prospective members are encouraged to contact the Psychotherapy Associates office for meeting time details.

Fees for DBT group treatment are \$50 per session. This treatment protocol has been covered by most health insurance and other third payment plans, including Magellan Behavioral Health and the Nebraska Medical Assistance Program (Medicaid).

Intake Procedure

Referral, by email, letter or telephone contact, should be directed to the attention of Bill Bonacker. Clients who have been referred are asked to contact the Psychotherapy Associates office to schedule an individual screening and assessment interview prior to acceptance into the group.

Psychotherapy Associates
1919 So. 40th Street, Suite 312
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D.B.T.

DIALECTICAL BEHAVIOR THERAPY

*A Skills-Based Therapy Group
for Individuals with Disorders of
Affect Regulation, including
Borderline Personality Disorder*

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What is Dialectical Behavior Therapy?

Originated by psychologist Marsha Linehan, Ph.D., of the University of Washington, Dialectical Behavior Therapy (DBT) is the only research-based treatment protocol for individuals with Borderline Personality Disorder.

Treatment outcome research has shown that subjects participating in DBT skill-oriented group therapy, in combination with DBT individual psychotherapy, evidenced improved mood stability, behavioral stability, and psychosocial functioning.

Grounded in biosocial developmental theory, the DBT approach is based upon the premise that emotional dysregulation is the core dysfunction of Borderline Personality Disorder.

DBT applies an array of cognitive and behavioral therapy strategies to problems most commonly experienced by individuals with Borderline Personality Disorder, especially those related to motivation and interpersonal interactions.

Treatment Goals

This DBT therapy group is divided into four specific skills training modules:

- **Emotional Regulation Skills:** Targeted clients often experience difficulty with anger expression, anxiety, and inappropriate inhibition of affect.

Skills taught in this module include accurate recognition of experienced emotion and effective emotional expression techniques.

- **Interpersonal Effectiveness Skills:** Because individuals with Borderline Personality Disorder often experience relationships that are chaotic, intense, and marked with difficulties, this module teaches skills for maintaining balanced interpersonal interactions.
- **Behavioral Dysregulation and Distress Tolerance Skills:** Impulsive behaviors, including self-injurious and suicidal conduct, are hallmarks of the Borderline syndrome. Unlike many traditional therapies that view such behaviors as manipulative in intent, DBT approaches impulsivity as indicative of the client's stress intolerance.

Skills taught in this module focus upon enhancing capacity to experience and manage stressful situations.

- **Dysregulation of Sense of Self and Brief, Non-Psychotic Cognitive Disturbances:** Feelings of emptiness, no sense of self, depersonalization, dissociation, and delusional thinking elicited by stressful situations are frequently reported by clients with Borderline Personality Disorder.

“Mindfulness” skills--skills targeted toward increasing reliance upon logic-based perceptions--are presented in this module.



What This Group is Not

The Dialectical Behavior Therapy group treatment approach is not a substitute for individual psychotherapy. Rather, its highly structured, skill-focused process has shown to be effective for clients who are currently involved in individual treatment.

Combining DBT group therapy with ongoing individual psychotherapy has shown to be effective in decreasing episodes of self-mutilation, suicide gestures and attempts, need for hospitalization, and other common outpatient treatment crises.

DBT group therapy is not an insight-oriented group treatment. Participating clients are encouraged to view the development of enhanced self-awareness, including review of the impact of past traumatic experience, as important aspects of the treatment experience that are best addressed in the individual psychotherapy setting.

DBT group treatment is not a support group. In contrast to the relationship and interpersonal emphasis of support groups, the DBT treatment model focuses upon a structured series of skills taught and practiced in a specific sequence.

Who May Participate

Designed to serve as an adjunct to individual psychotherapy, participation in the group is contingent upon simultaneous involvement in individual therapy. Referral from the client's primary mental health care provider or inpatient treatment program is required.

