

Sharp Mesa Vista Hospital's Dialectical Behavior Therapy Intensive Outpatient Program (SMVH DBT IOP)

What is Dialectical Behavior Therapy (DBT)?

Marsha Linehan, Ph.D. created Dialectical Behavior Therapy (DBT) to treat clients who engage in self-harm behaviors or experience on-going suicidal ideation. DBT is a modified version of Cognitive Therapy with emphasis on validation of the client's experience. The goal of DBT is to provide clients with crisis management skills, the ability to regulate their emotional reactions, and enhance their motivation to change. By doing this the intended outcome for the client is a decrease in life threatening behaviors (self-harm or suicide attempts) and improved quality of life. This mode of therapy requires both individual and skills training groups.

DBT IOP

This program is an adaptation of Marsha Linehan's DBT program. SMVH will offer Skills Training Groups over a four week period of time. Groups will focus on teaching how to tolerate distress, interact with others effectively and regulate intense emotions. Group sessions will meet:

5 days per week (Monday through Friday)
3 hours per day, from
12:45 pm until 3:45 pm, for
4 consecutive weeks

In order to attend the Skills Training Groups each client must also participate in Individual Therapy weekly with a provider outside of SMVH who will consult with SMVH DBT IOP staff.

Who can benefit from Dialectical Behavior Therapy?

Dialectical Behavior Therapy has been used successfully to help people who experience symptoms of:

- ▶ Self-harm (i.e., cutting or burning self)
- ▶ Impulsivity
- ▶ Suicidal ideation
- ▶ Frequent interpersonal conflict
- ▶ Difficulty with emotional regulation
- ▶ Anger
- ▶ Poor coping in stressful situations

For referrals to the DBT IOP, please call 858.836.8459.