



## Dialectical Behavior Therapy (DBT) for Children, Teens, and Adults

Aspire Health Alliance's Dialectical Behavior Therapy (DBT) programs are designed for children (ages 9-12), teens (ages 13-18), and adults (age 18+) displaying symptoms of post-traumatic stress disorder, and/or major personality disorders. Originally developed by Dr. Marsha Linehan for the treatment of suicidal behaviors, DBT is an innovative, compassionate, and evidence-based treatment also proven effective for individuals struggling with emotional dysregulation, impulsivity, and interpersonal communication problems.

The goal of Aspire Health Alliance's DBT programs is to provide clients with the skills to overcome the impulse to self-harm and interact more positively with family, friends, and the community. With a focus on developing mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance, Dialectical Behavior Therapy's skill-building modules are aimed at preventing hospitalization and the frequent use of emergency psychiatric services.

### One-Year Dialectical Behavior Therapy Program for Adults (18+) - Braintree, Marshfield, and Plymouth

- Structured Individual Therapy – 1 hour per week with a DBT therapist
- Skills Group – 1 ½ hours per week
- Coaching Calls – 24-hour-a-day phone support for clients in crisis or wishing to talk with a DBT therapist
- Initial diagnostic, medication evaluation, and medication management services if necessary

### Six-Twelve Month Dialectical Behavior Therapy Program for Adolescents (ages 13-18) - Braintree and Marshfield

- Structured Individual Therapy – 1 hour per week with a DBT therapist
- Skills Group – 1 ½ hours per week with a family member or guardian
- Coaching Calls – 24-hour-a-day phone support for clients in crisis or wishing to talk with a DBT therapist
- Initial diagnostic, medication evaluation, and medication management services if necessary

### Six-Twelve Month Dialectical Behavior Therapy Program for Children (ages 9-12) - Marshfield

- Structured Individual Therapy – 1 hour per week with a DBT therapist
- Skills Group – 1 ½ hours per week with a family member or guardian
- Coaching Calls – 24-hour-a-day phone support for clients in crisis or wishing to talk with a DBT therapist
- Initial diagnostic, medication evaluation, and medication management services if necessary

Aspire Health Alliance's DBT team is extensively trained and credentialed in the methodology and practice of Dialectical Behavior Therapy. They are closely supervised, and in keeping with the true DBT model, all therapists participate weekly in consultation groups that offer peer support.

For more information about DBT, accepted insurance, and the referral process—please call (617) 847-1914.

Since 1926, Aspire Health Alliance has been building hope and changing lives for children born with developmental disabilities, and children, teens, and adults living with mental illness. Today, we have more than 700 employees based in Braintree, Marshfield, Plymouth, Quincy, and Wareham, and our non-profit early intervention and mental health treatment and recovery programs reach more than 16,000 people from Boston to Cape Cod annually.

