

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

What is Dialectical Behavior Therapy (DBT)?

Marsha Linehan, PhD, ABPP, created DBT, an integration of cognitive-behavioral techniques and mindfulness skills that is powerful with people who have mood, anxiety, addictive, impulse control, and personality disorders. It is a research-based treatment that helps identify the relationship between thoughts, feelings and behaviors, and their impact on life situations.

DBT balances validation of an individual's experience with the development of skills to manage crises, regulate emotions, and enhance motivation to change. This can result in a decrease in life-threatening behaviors (i.e., self-harm or suicide attempts) and improved quality-of-life. For this therapy to succeed, a person must participate in both individual therapy and a skills training group.

DBT-Skills Intensive Outpatient Program (DBT-Skills IOP)

The DBT-Skills IOP at Sharp Mesa Vista Hospital is an adaptation of Dr. Linehan's program. It will offer Skills Training Groups over an eight-week period. Groups will focus on teaching participants skills to tolerate distress, interact with others effectively and regulate intense emotions. Group sessions meet:

- For eight consecutive weeks
- Four days per week (Tuesday through Friday) for the initial four weeks
- Two days per week (Monday and Wednesday) for the last four weeks
- Three hours per day, 8:45 am to 11:45 am

To attend the Skills Training Groups, each client must also participate in weekly Individual Therapy with a provider outside of Sharp Mesa Vista Hospital who will regularly consult with the Sharp Mesa Vista DBT-Skills Intensive Outpatient Program 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)
- Difficulty with emotional regulation
- Impulsivity
- Anger
- Suicidal ideation
- Poor coping in stressful situations
- Frequent interpersonal conflict
- Borderline Personality Disorder

For referrals to the DBT-Skills IOP, please call 858.836.8757 or 858.836.8459.