

Frequently asked questions (FAQ's)

1. How long is the program?
 - It is one year of individual therapy, skills group, and coaching calls.
2. How often do we meet?
 - Individual therapy -weekly
 - Skills group- weekly. Each of the three units is 8 weeks long and they are cycled through twice for a total of 48 weeks for the treatment.
 - Coaching calls are available to your individual therapist 24 hours a day throughout treatment
3. Can I see my regular individual therapist as well?
 - With few exceptions, the DBT therapist will exclusively provide DBT during the duration of the program.
4. Do I have to do the whole program?
 - Yes. Success is dependent on full participation in all aspects of the program.
5. How to I find out more and what is the referral process?
 - Please see inside of brochure

Your DBT Team

- Catherine Johanneck, MSW, LICSW
Team Lead
Therapist/Skills Group Co-facilitator
 - Breanna Johannsen, LSW
Skills Group Co-facilitator
 - Dave Moll, MS, LP
Therapist/ Skills Group Co-facilitator
 - Becky Ziller, BS
Skills Group Co-facilitator
- Bobbi Mathern, MS, LMFT
Skills Group Co-facilitator

when you reduce life
to black and white,



you never see rainbows.

chibind

—Rachel Houston.



South Central Human Relations
Center

SCHRC DBT Program

Creating a Life Worth Living



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Providing Positive Direction for Life's Problems
Since 1964



South Central Human Relations Center Dialectical Behavioral Therapy (DBT)



DBT is an intensive, research based, outpatient program to help people rebuild their lives. This program has been developed under the direction and supervision of Behavioral Tech. whose founder is Marsha Linehan, PH.D.

This therapy program has been proven effective for people who have not found relief from complex mental health issues. DBT has provided hope for those suffering from issues related to emotional and behavioral dyscontrol. Originally the program was designed for those with borderline personality disorder, however, people with other mental and chemical health difficulties have responded well to this program (i.e. depression, substance use disorders).

Typical Issues include:

- 1) Intense, out of control emotions
- 2) Chaotic, unstable relationships
- 3) Impulsive and self destructive behavior, including self injurious and suicidal.



Program Essentials

DBT is a time limited program. It includes one year of therapy that provides multiple treatment components:

1) **Skills Training:** This is an educational component that focuses on teaching specific skills to address interpersonal problems, unmanageable emotions and difficulty tolerating emotional distress. Each unit is listed below:

- **Interpersonal Effectiveness:** Increases ability to meet our needs and self respect while preserving or enhancing relationships.



- **Distress Tolerance:** Improves ability to handle distressing situations that we cannot change in healthier ways.

- **Emotion Regulation:** Involves experiencing emotions in healthy, functional ways that is life affirming.

- **Mindfulness :** It is a distinctive, vital and integral part of the treatment . It is a skill in and of itself while also needed to implement the skills in each unit mentioned above.



Program Essentials (cont.)

- 2) **Individual Therapy:** This is the vehicle that drives the treatment. This is structured and problem focused that initially works toward stabilization of life and then on personal growth. It is very “client-driven”. Weekly sessions serve to guide toward stabilization and growth through finding a balance between acceptance and change.
- 3) **Coaching Calls:** This is an extension of therapy that is a part of the comprehensive treatment package. It allows access to the DBT treatment team to apply skills in the stressful situations, 24 hours a day.
- 4) **Team consultation:** This is essentially a community of therapists treating a community of clients. It helps clinicians to stay true to the spirit of DBT toward becoming better DBT therapists. It involves all the DBT providers under the supervision of the DBT team leader.



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