

Park Center's DBT programs are located at the main Park Center site:

909 E. State Blvd., Ft. Wayne, IN 46805



## DIALECTICAL BEHAVIOR THERAPY *for Adults, Adolescents and Families*

DON'T LET YOUR EMOTIONS CONTROL YOUR LIFE -

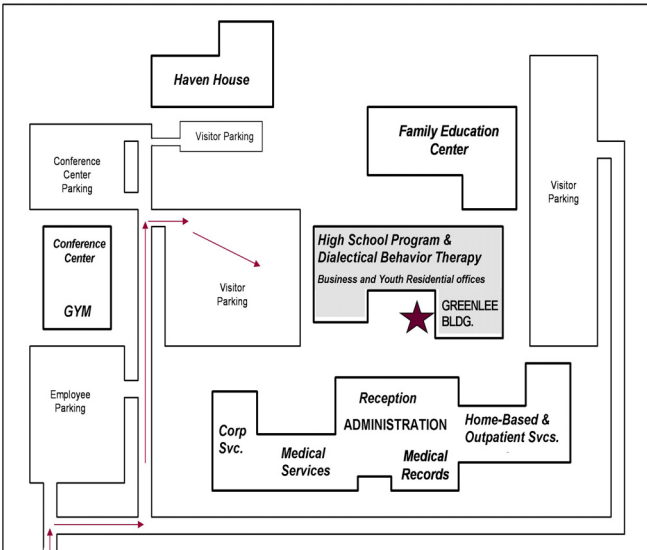
BUILD A LIFE WORTH LIVING



### MAIN LOCATION MAP

909 East State Boulevard, Fort Wayne, IN 46805

(260) 481-2700



Kentucky Ave.

Entrance to Park Center 909 East State Boulevard

260-481-2750

or toll free: 1-866-481-2700



*restoring lives*

MAIN LOCATION: 909 EAST STATE BOULEVARD  
FORT WAYNE, INDIANA 46805  
260-481-2700 OR 1 866-481-2700  
WWW.PARKCENTER.ORG





# Dialectical Behavior Therapy

*Dialectical Behavior Therapy is a form of treatment for those who struggle with emotion regulation.*



**P**ark Center's **Dialectical Behavior Therapy (DBT)** uses cognitive and behavioral strategies to help adults and adolescents who struggle with emotional instability improve the quality of their lives. This specialized program teaches self-containment skills and uses specific protocols for individual and group therapy as well as crisis intervention.

**Our Adult DBT program** uses cognitive and behavioral strategies to help individuals improve the quality of their lives. Elements within DBT include:

- **Orientation interviews** - Consumer is informed about the program and matched with a therapist.
- **Personalized therapy** - Assists individuals with formulating strategies to cope with life situations, using a variety of methods based on the four core skill modules.
- **Skills groups** - Skills groups, for beginning and advanced consumers, are offered to assist consumers in the learning of the DBT four core skills listed below:
  1. Core mindfulness
  2. Distress tolerance
  3. Emotional regulation
  4. Interpersonal effectiveness
- **Activity groups** - Provides interpersonal skill building and a sense of community through activities with other DBT consumers.
- **Crisis intervention** - Park Center staff work together to assist the consumer through crisis and to provide appropriate community referrals when necessary.
- **Encourages community involvement** - We encourage consumers to be active with holding jobs and volunteering.

## **Our Adolescent/Family Skill Group DBT program**

flexibly addresses multiple problems: primarily targeting self-injurious behaviors, impulsivity, emotional instability, confusion about self, interpersonal problems, and adolescent-family dilemmas. This program provides both the adolescent and relatives the opportunity to learn non-blaming ways of understanding each other—new and effective ways to manage problems, and the forum in which to discuss and resolve family issues.

## **This program addresses the following:**

- *Inappropriate, intense anger or difficulty controlling anger/emotions.*
- *Chronic feelings of emptiness.*
- *Affect instability (e.g. irritability, anxiety lasting a few hours).*
- *Recurrent suicidal behavior, gestures or threats or self-mutilating behavior.*
- *Impulsivity that has potential to do harm to self (i.e. sex, substance abuse, reckless driving, skipping school, binge eating, etc.)*

## **Program goals include:**

*Decrease in self-injuring (and life-threatening) behaviors, decrease behavior that interferes with therapy and treatment, and improvement in quality of life*

## **Program format:**

- *Weekly therapy sessions in which a particular recent problematic behavior is explored in detail and weekly family skills training in which interpersonal effectiveness, distress tolerance, emotion regulation, mindfulness, and addressing family dilemmas are taught.*
- *Six session group is attended by adolescent and family member.*



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*The mission of Park Center is to restore lives. By partnering with consumers, we strive to support and facilitate their journey toward health.*

**For more information or to schedule an intake appointment, contact us at :**

**260-481-2812**

**DBT Services are located in the Greenlee Building at Park Center's main office location:  
909 E. State Blvd., St. Ft. Wayne, IN 46805**