

## DBT for Teens and Caregivers FAQ

### What is Dialectical Behavioral Therapy (DBT) for teens?

DBT teaches life skills to help people cope with difficult feelings, manage troubling moods, and avoid high-risk and dangerous behavior. The DBT for teens and caregivers includes one caregiver (not two) and the adolescent. DBT skills involve 4 skills modules:

<b><i>Distress Tolerance</i></b>	How to get through distressing times in life, how to survive a crisis without making the situation worse, how to accept reality as it is, not as we wish it were.
<b><i>Mindfulness</i></b>	Mindfulness how to be aware and present in our lives in an intentional, nonjudgmental way.
<b><i>Emotion Regulation</i></b>	How to recognize, understand, and label emotions in a non-judgmental way. How to tolerate emotions better and change them if they are not helpful.
<b><i>Interpersonal Effectiveness</i></b>	How to have healthier relationships. How to balance speaking up for what you want, keeping good relationships, and maintaining self-respect.

### Do I have to be a patient of The Everett Clinic (TEC) to come to the group?

As of August 2016, you must have an established TEC primary care provider (PCP) or a TEC specialist in order to sign up for the DBT group. This may change as access and availability in our department changes.

### Do I have to be in individual therapy along with group therapy?

Yes, you do need to have an individual therapist while you are in the DBT group. It is helpful for you to see one of our therapists within TEC so we can better coordinate your group, individual, and medical care, however, you may continue to see a therapist outside of TEC if you have already established care with them.

### How much does it cost?

Each DBT session will be billed to your insurance as group therapy. Your portion of the cost will vary depending on your particular insurance coverage. Please make sure that your insurance covers group therapy and check with your insurance company to find out what your charge would be. If you have one, copayments are due at check in each week you attend group. Please call the Behavioral Health office if you have questions about insurance at 425-339-5453.

### Where are the groups and what time are they?

Group Time:	Group Location:	Facilitator:
Tuesday 6 – 7:30 PM	Marina 1728 West Marine View Dr. Everett, WA 98201	James Dauer, LH
Tuesday 7 – 8:30 PM	Mill Creek Town Center 15418 Main Street Mill Creek, WA 98012	Stephanie Garrison, PsyD

### **Do I have to talk in group?**

The DBT group is structured like a class. Because our time in the group is limited, we try to stay structured to keep focused on learning the skills. Group starts each week with a homework review. We typically limit each person to a maximum of 2 minutes to report on skills practice from the previous week. Individuals can “skip” if they do not want to report on homework that day. We also discuss skills that we are learning in group, but your participation is optional.

### **How long is the group?**

The group meets for an hour and a half once a week. It takes 6 months to get through all of the DBT skills and you will benefit the most if you can attend as many as possible. Many people choose to go through the skills twice and stay in the group for a year.

### **What if I can't make it to the group one week?**

If you are signed up for group, it counts as an appointment. If you can't make it to group, call the main office to cancel with at least 24 hours' notice at 425-339-5453.

### **What if I can't make it to all of the groups?**

You will learn the skills best if you can get to as many groups as possible. If you have an important event like vacation or family celebrations, just make sure you cancel your appointment with at least 24 hours' notice.

### **Do I have to be in the group for the whole 6 months?**

You will benefit most by going through all of the DBT skills. Your commitment and consistent presence in the group is also important for other group members. If you can't be in group for 6 months, it's possible you may benefit from just some of the skills, or you may wish to wait until you have better availability.

### **I'm nervous about going to group. Can I come to just one group?**

Most people in our group felt nervous at first, but got comfortable within a couple of weeks. We strongly recommend that you attend at least 3 groups before deciding if DBT is right for you. This will give you time to get comfortable and familiar with the group. DBT has a lot of acronyms and terms that be confusing at first, but if you stick with it, you will catch on.

## **Do I need to buy a book?**

Yes. The DBT Skills Manual for Adolescents by Jill Rathus and Alec Miller is required. Because there are worksheets that need to be worked through, it is advised that you buy a new book. Books are available at most online bookstores (Amazon, Barnes and Noble).

### **How do I sign up?**

To join the DBT Group at Marina Village (Everett), call 425 339-5453 and ask to be signed up right away. To join the DBT Group at Mill Creek, you will be transferred to Stephanie Garrison's voicemail and she will promptly get back to you.