



Now Offering:

Roots - DBT for Perinatal

The Perinatal DBT program is for individuals who are pregnant or who have given birth in the last two years, and experienced either an onset of mental health symptoms related to the pregnancy OR a worsening of existing mental health symptoms related to pregnancy.

The program teaches DBT skills to help clients manage mental health symptoms that are connected to pregnancy and being a new parent, and offers an opportunity to connect with other clients who are navigating perinatal mental health symptoms.

The program is tailored to each client's individual needs and goals, and while the curriculum is designed to be completed in 12 weeks, the actual length of stay is determined by client need.

While mood disorders can impact people at any time during their lives, there is an increased risk during the perinatal period and symptoms can have a unique presentation.

Untreated perinatal mood disorders can lead to:

- Increased relationship problems
- Poor adherence to medical care and an exacerbation of medical conditions
- Loss of interpersonal and financial resources
- Disability/unemployment
- Child neglect and abuse
- Developmental delays and behavioral problems
- Increased tobacco, alcohol, and drug use
- In extreme cases, infanticide, homicide, and suicide.

Perinatal DBT:

- Meets twice weekly (M/W, 9am-12pm)
- Location: Virtu-Clinic
- Skills teaching, diary card, and skills application hour

Immediate Openings Available!

Call now to schedule an intake



VISIT mhs-dbt.com or scan the QR code to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

Locations: Apple Valley - Edina - Plymouth - Roseville - Woodbury - Virtu Clinic

Prioritize your needs today!



Dialectical Behavior Therapy (DBT)

What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy developed by Dr. Marsha Linehan.

DBT is structured as a skills-based, intensive outpatient program that integrates elements of cognitive-behavioral therapy (CBT) with concepts of mindfulness and acceptance.

DBT aims to empower individuals to better manage their emotions, tolerate distress, improve relationships, and ultimately lead more fulfilling lives.

What is Taught in DBT?

DBT consists of teaching and generalizing skill use in 4 main modules, each targeting different aspects of emotion regulation and interpersonal effectiveness:

- 1 Mindfulness: Helps stay focused on the present, managing emotional reactions and coping with challenges effectively.
- 2 Distress Tolerance: Provides tools to manage crises and intense emotions without worsening symptoms.
- 3 Emotion Regulation: Aims to build emotional resilience by recognizing patterns and creating healthy routines.
- 4 Interpersonal Effectiveness: Teaches skills to help improve quality of relationships by focusing on communication, boundary setting, and self-worth.

DBT Skills
Card

