

Now Offering:

RISE - DBT for Trauma

The RISE DBT Program, originally developed by experts at Mental Health Systems for the Department of Justice, offers the only skills-based DBT program specifically designed to target PTSD symptoms. With a focus on teaching practical skills to "extinguish the fire of symptoms," RISE empowers you to manage your symptoms effectively and build a satisfying life without reliving your trauma.

In this group, individuals will learn how to apply skills from the following modules in order to manage their own mental health needs and overcome their trauma:

- Mindfulness
- Distress tolerance
- Emotion Regulation
- Interpersonal Effectiveness

Why DBT for Trauma?

There are many advantages to enrolling in, or referring clients to, our RISE DBT for Trauma program. Some of the top benefits include:

- This is the only skills-based DBT program specifically targeting PTSD symptoms
- It provides immediate relief and enhances emotional stability without trauma reprocessing
- It is less-invasive than other programs, making it suitable for a wide range of clients
- It serves as both a standalone treatment or a precursor to other trauma therapies
- It offers a flexible, evidence-based framework that adapts to individual client needs



RISE - DBT for Trauma

- Meets twice weekly for 3 hours per session
- Skills teaching, diary card, and skills application hour
- At this time, this program is only offered at our Plymouth location

Immediate Openings Available!

Call now to schedule an intake



Dialectical Behavior Therapy (DBT)

What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy.

Dialectical Behavior Therapy (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

