

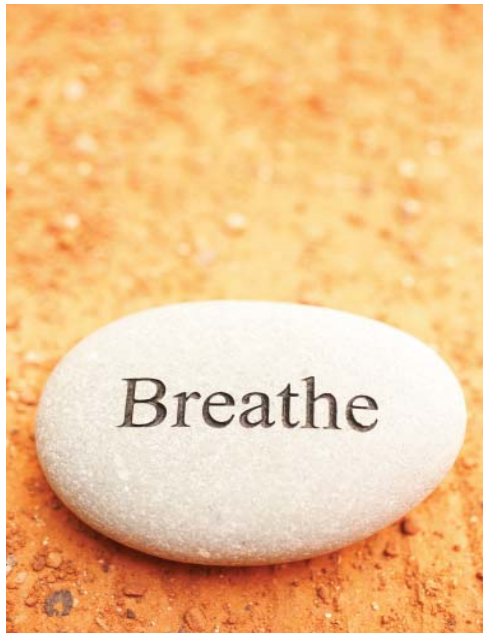
Overall Goals of DBT:

Increase:

- Ability to Identify/Regulate Emotions
- Conflict Resolution Skills
- Quality of Living
- Observation and Awareness Skills
- Capacity for Joy
- Ability to Accept and Tolerate Distress
- Appropriate Self-Care

Decrease/Cease:

- Suicidal Thoughts
- Intentional Self-Harm
- Emotional Dysregulation
- Chaotic Relationships
- Mindless Living
- Misery, Impulsivity, and Willfulness



Choices Psychotherapy, Ltd.

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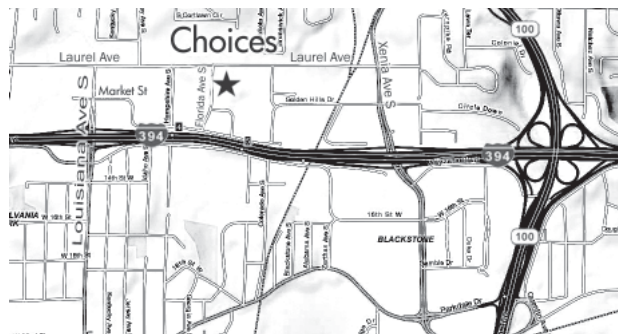
Website: www.choicespsychotherapy.net

The Power of Choice. A Path to Change.



Our logo, the Japanese symbol for choice, represents our respect and appreciation of all individuals and cultures.

Choices Psychotherapy, Ltd. is conveniently located in St. Louis Park, Northwest of the Hwy 394 and Hwy 100 intersection. Our location supports limited access via city bus line. Call our office for more information and current bus routes. We are 5 minutes from downtown Minneapolis.



Choices Psychotherapy, Ltd.



**Dialectical Behavior Therapy
Outpatient Program**

- DBT Skills Group
- Individual DBT
- Coaching Calls
- DBT Consultation

Amber Holmes Isham LMFT
Jennifer Vlach LICSW
Worawan Turner M.A., LP

DBT Intensively Trained Facilitators

DBT (Dialectical Behavior Therapy) was developed by Marsha Linehan, Ph.D. DBT focuses on balancing logic with feelings to improve coping skills and reduce ineffective behavior.

The general goals of DBT include improving relationships, decreasing anxiety and misery, and enhancing the quality of life or “build a life worth living.” DBT helps individuals find effective ways to manage problems. The group is both educational and interactive, while focusing on skills to be learned and developed over time.

Members learn the value of “Wise Mind” instead of succumbing to intense emotions and acting in destructive ways. DBT is not a “quick fix” and should be approached with willingness and a non-judgmental stance. Members are often in different places regarding knowledge and application of skills, therefore it is important to not engage in negative comparisons while in the program.

It often takes many months to incorporate the skills into daily life with consistency, although changes (coping more effectively) can also be noted within just a few months. A minimum commitment of one year is requested.

The Choices DBT Program



The DBT program is led by Jennifer Vlach LICSW, Amber Holmes Isham LMFT, and Worawan Turner M.A.,LP. All three therapists are intensively trained in DBT and meet the guidelines to deliver these services. All of our groups are for adults only.

The program is currently offering:

DBT Groups

- Coed Evening Groups
- Women Only Groups
- Coed Day Groups

Call for times and availability.

Insurance

Choices Psychotherapy is contracted with most insurance companies for the DBT program.

DBT Incorporates 4 Skill Modules:

- **Core Mindfulness** - learning to stay in the moment, observe life around oneself, and use Wise Mind to do what is effective at any given time; full and effective participation.
- **Interpersonal Effectiveness** - improving coping skills, learning assertiveness, determining values and priorities in relationships, how to increase the likelihood that needs/wants are met.
- **Emotion Regulation** - learning to regulate emotions, name feelings, reduce avoidance and discover a variety of other emotions through emotional growth.
- **Distress Tolerance** - developing new skills to soothe oneself and increase ability to tolerate distress effectively, while recognizing that stress/pain is an inevitable part of life.

Please call 952-544-6806 for more information or to schedule an appointment.