

New!
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**Dialectical Behavior Therapy (DBT)
OUTPATIENT TREATMENT PROGRAM**

*For individuals (18 years or older) who have been diagnosed with
Substance Abuse and Borderline Personality Disorder (BPD)*

These individuals experience chronic symptoms of:

- Unstable, intense relationships
- Intense and uncontrollable anger / frequent change in moods
- Impulsivity in at least two of these areas: substance abuse, binge eating, reckless driving, spending, sex
- Recurrent suicidal behavior and/or cutting or burning

This evidence-based program consists of

**One - two hour skills-building group session
&
One - one hour individual psychotherapy session
Per week**

This is a six month program w/ an additional six months strongly encouraged

Facilitators extensively trained in Marsha Linehan's model of DBT

Questions?

Contact us at:

**919-787-6131
Ext 1105**

**Schedule
an
Assessment?**