

The How:

In Individual Therapy, we work with clients to identify, prioritize, sequence, and treat behavioral targets, including life threatening behaviors, and emotional and mood dysregulation through the use of skills. Skills group provides an opportunity for clients to practice and generalize DBT skills to their lives. Coaching between sessions is available to aid clients in use of skills in their natural environment. DBT Team members meet weekly for consultation to identify and address problems in delivery of treatment.

Dialectical Behavioral Therapy (DBT) of Columbia

Referral Information:

DBT Columbia will accept provider and self-referrals. All inquiries and referrals for Columbia DBT should be forwarded to:

DBT Columbia
DBTColumbiaProgram@gmail.com
Referral Line: (573) 340-3937



DBT was developed to help people who may have experienced one or more of the following:

- Live chaotic painful lives
- Frequent suicidal thoughts
- Are anxious much of the time
- Feel painful and empty
- Feel out of control of their behavior
- Hurt themselves deliberately
- Feel depressed a lot

DBT GIVES YOU SKILLS TO:

- Stay in treatment
- Reduce self harm behaviors
- Have a life worth living
- Stay out of the hospital
- Improve relationship skills
- Decrease conflict
- Improve family functioning
- Reduce disordered substance use and eating behaviors

Could DBT
be Right for
Me?

The Who:

Columbia DBT consists of multiple providers, from varying agencies in the community. We offer two comprehensive models. One for adolescents (13-17), and one for adults (18 and over).

****Please note you must be 13 years of age or older.*

The What:

Columbia DBT includes:

1. Individual Therapy
2. Skills Group
3. Coaching
4. Weekly Consultation

In the adolescent model, skills group requires one caregiver to participate.