



Dialectical Behaviour Therapy

THE OICBT IS
COMMITTED TO
PROVIDING
EVIDENCE-BASED
MENTAL HEALTH
SERVICES IN A
COST-EFFECTIVE

The Dialectical Behaviour Therapy (DBT) program at the OICBT is based on Marsha Linehan's evidence-based treatment model for Borderline Personality Disorder (BPD). It aims to help people enhance their ability to manage their emotions by teaching them problem solving and coping skills. It is a skills-based treatment that is helpful for those experiencing difficulties managing difficult emotions and behaviours.

This is a comprehensive treatment program that involves individual psychotherapy and group skills training. In order to participate in the program, participants need to commit to weekly individual and group therapy sessions.

Outline of Program:

Mindfulness skills are central to DBT and are integrated throughout the DBT program. The core modules of the DBT program include:

- **Emotion Regulation Skills (9 sessions)**
 - Learning to understand, name and change emotions.
- **Interpersonal Effectiveness Skills (7 sessions)**
 - Learning to maintain healthy relationships and foster self-respect
- **Distress Tolerance Skills (8 sessions)**
 - Learning to survive and manage crisis periods.

Contact Information

For more information, please contact Lisa at info@ottawacbt.ca or 613.820.9931, ext 0.

She will be able to provide you with details regarding this service.

Dates

Group to start Wednesday, April 19th from 5:00pm to 7:00pm

Cost

The cost of each group session is \$50. Group participants are expected to commit to an entire module of treatment with payment completed by module. The cost for the individual therapy sessions range from \$50 to \$200 depending on the individual delivering the service (e.g., an advanced PhD student, resident, psychologist, social worker). Prior to joining the group, participants are asked to complete a telephone screening and an intake to assess suitability. Individual session rates apply for the intake session.

Insurance coverage

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

Increasing Access to Services in the Community

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