



Dialectical Behavior Therapy



To learn more about MCCMH's DBT program, call 855-99-MCCMH (855-996-2264).

The MCCMH Crisis Line is available for 24/7 support: 586-307-9100

Learning new coping skills

Dialectical behavior therapy (DBT) is a type of talk therapy that helps people who experience very strong or difficult emotions. DBT teaches skills to help people manage feelings, stay in control, and solve problems in healthier ways. Many people work with a team of therapists and practice new skills each week.

DBT is helpful for people diagnosed with:

- Borderline personality disorder (BPD)
- Post-traumatic stress disorder (PTSD)
- Thoughts of suicide or self-harm
- Eating disorders
- Generalized anxiety disorder (GAD)
- Major depression
- Obsessive-compulsive disorder (OCD)
- Substance use disorder (SUD)



MACOMB COUNTY
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



 mccmh.net



@wearemccmh



MCCMH's DBT program encourages people to notice, understand, and accept their thoughts and feelings. It also teaches ways to challenge unhelpful thoughts, so they do not lead to harmful behaviors.

MCCMH's DBT program includes:

- Individual therapy and phone consultations
- Skills training groups
- Additional support services

People in our program work with a full care team, which may include nurses, peer support specialists, psychiatrists, and therapists trained in DBT.

DBT for teens

MCCMH also offers DBT for youth ages 14-17. This program includes weekly one-on-one therapy and a weekly skills group for both the teen and their parents or guardians.

How DBT helps

The word “dialectical” means that two opposite things can be true at the same time. In DBT, people learn to accept themselves as they are and work toward positive change.

DBT teaches practical skills for everyday life, including handling stress, managing emotions, and improving relationships.

DBT may not be the right fit for everyone. It includes group sessions and homework, and works best when people take part in the whole program.

You may be a good fit for DBT if you are:

- Ready to make positive changes
- Willing to join the full program
- Comfortable joining group sessions

