



Stage 2 Dialectical Behaviour Therapy (DBT) Program: Emotional Resilience through Valued-Living and Trauma Growth

What is Stage 2 DBT?

Stage 2 DBT is the second phase of the OICBT's DBT Program. The first stage of OICBT's Standard DBT Program includes 3 modules (Emotion Regulation; Distress Tolerance; & Interpersonal Effectiveness; with a total of 24 sessions). Stage 2 DBT includes two modules focused on Emotional Resiliency through a) Value-Guided Living (8 sessions) and b) Trauma Growth (8 sessions); with a total of 16 sessions. The goal of the Stage 2 DBT program is to implement skills learned into valued based-living and to become autonomous with the implementation of self-directed therapy. **The Stage 2 DBT Treatment Program** is considered a low to moderate-intensity treatment.

What are the services within Stage 2 DBT Program?

- **A weekly 2 hour Group.** Clients can obtain adjunct services (e.g., Individual Therapy; coached calls) upon request (at the hourly rate of the therapist)
- **The Group includes 2 modules (Total: 16 Group Therapy sessions)**
 - **Module 1: Valued-Living through Emotion Regulation (8 sessions):** *Focused on themes and strategies related to Emotion regulation, Values Identification, Goal setting and Choice points, Chain Analysis, Thoughts as Stories, Rewriting our Story, & implementation of Self-Therapy*
 - **Module 2: Emotion Regulation and Traumatic Growth (8 sessions):** *Focused on strategies related to the Stress Response, Trauma identification & impacts, Attachment; Healthy Boundaries; Resiliency within a Sensitized System; Connections; & Shame*

Who will the Stage 2 DBT Program be helpful for?

- This program is only available to clients that have completed the Standard DBT Program (all 3 modules) within the last 12 months.
- Clients that have not experienced hospitalization for mental health services in the past 6 months
- Absence of self-harm for the past 3 months
- Absence of moderate to severe substance use.
- Have demonstrated engagement within the Standard DBT Program (i.e., regular attendance, consistent homework completion, pattern of self-directed autonomy, such as completing skills outside of therapy.
- Clients with symptoms of Bipolar Disorder that are stabilized (i.e., no manic or hypomanic episodes within the last 3 months); that have received CBT for Bipolar Disorder and would thereafter benefit from emotion regulation strategies
- Clients with ADHD; that have received CBT for ADHD and would thereafter benefit from emotion regulation and/or impulse control skills

What are the Requirements during the DBT Program?

- Regular attendance is necessary. We ask that you make a commitment to complete the module in which you are registered. One can start with any module
- It is recommended (but not required) to participate in individual therapy (the frequency of individual sessions will be determined with your individual therapist)
- Group Sessions are currently conducted virtually through Zoom. You will need to have access to a laptop, smartphone or table with Zoom, as well as access to Wi-Fi and a private location in which to sit and participate in the virtual group.
- You may withdraw from the DBT program at any time (with 48 hours notice).
- We ask that you make a commitment to complete the Module in which you are registered. Clients will best gain from the program if they complete all modules.

What is the DBT Education and Treatment Orientation Session?

- ◆ All clients who are referred to move forward with the Stage 2 DBT Program must attend a **50-minute** DBT Education and Orientation **Session**.
- ◆ The purpose of the onboarding session is to ensure that the Stage 2 DBT program is a good fit for the client's treatment goals and to assess readiness to participate in the program.
- ◆ Client and clinician will develop client-centered goals to optimize client's experience.

What days/times are available for this service?

For more information on day/time of services please visit our OICBT homepage or use this link: <https://www.ottawacbt.ca/groups-schedule-and-fees>

What is the Fee for Services?

As part of standard clinical practice, rates for services increase regularly (typically, yearly) by approximately \$5 to \$15 per clinical contact hour; however, the increase can vary by program. Please visit <https://www.ottawacbt.ca/current-fees> for a list of current rates for services as well as for any upcoming rate changes (these are published when available, typically 3 months in advance of any rate change). For new clients, the costs of services will be determined by the anticipated or scheduled start date of services, as opposed to when a client is placed on a waitlist. **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.

Who should I contact if I wish to discuss services?

- ◆ Clients not currently accessing services at OICBT: An intake is first required to access any services. To make an appointment, or to get more information about this service, including the fees, please go to www.ottawacbt.ca, and click on the "Book Now – Free Information Call Adults/Seniors". If you have any other questions, you can contact us by phone (613-820-9931 x:0) or by email at info@oicbt.ca.
- ◆ If you are currently enrolled in the OICBT Standard DBT program, you may discuss your questions with your skills group facilitator, as well as your individual therapist. They can assist you with the referral to the Orientation and Group.