



Standard Dialectical Behaviour Therapy (DBT) Program

Why choose DBT & CBT:

The Dialectical Behaviour Therapy (DBT) program at the OICBT is based on Marsha Linehan's evidence-based treatment model for Borderline Personality Disorder (BPD). DBT is a highly researched form of therapy with shown efficacy in helping individuals learn the skills and strategies needed for a life worth living. It is a skill-based type of Cognitive-Behavioural Therapy) with primary goals of helping individuals regulate their emotions, have more successful relationships, increase their distress tolerance, and be more mindful of thoughts, feelings, and the environment. It aims to help people enhance their ability to manage their emotions by teaching problem solving and coping skills. It is a skills-based treatment that is helpful for those experiencing difficulties managing difficult emotions and behaviours. CBT is the gold standard psychological treatment for mood and anxiety disorders such as Depression, OCD, Social Anxiety, Panic Disorder, PTSD, Substance Misuse, and Eating Disorders (to name a few). CBT is the most research form of psychotherapy and numerous large scale review studies have shown CBT to be more effective than any other psychotherapeutic approach for varied mental health presentations

This Standard DBT Treatment Program involves weekly individual psychotherapy and group skills training. Within OICBT's stepped care model, the DBT program is considered a low to moderate-intensity treatment. This program does not typically include telephone coaching.

For higher intensity DBT care (moderate to high intensity), we have the Intensive DBT Program available which includes additional therapy services and sessions (e.g., coached calls, family accommodation sessions, etc.). Please see below for more information.

What are the services within the Standard DBT Program:

- The **Standard DBT Program** Includes: one DBT Education Session + Weekly Group + Weekly or Biweekly Individual Therapy
- **The DBT Program Skills Group include the following 3 modules**
 - **Interpersonal Effectiveness Module** (7 sessions): *Learning to maintain healthy relationships and foster self-respect*
 - **Emotion Regulation Module** (9 sessions): *Learning to understand, name and change emotions*
 - **Distress Tolerance Module** (8 sessions): *Learning to survive and manage crisis periods*
- **Weekly or biweekly Individual session** - clinician's hourly rates applies
- **One DBT Education and Treatment Orientation Session** at the start of the group - clinician's hourly rates applies

What are the Services within the Intensive DBT Program?

- The OICBT uses a **stepped care model** wherein a client's treatment plan is based on a multidimensional assessment of the clients' current concerns and functioning to determine the frequency, timing, and intensity of services uniquely tailored to a clients
- **The Intensive DBT Program entails the following services.**
- *The DBT Program Skills Group (all 3 modules noted above)*
- *One Weekly individual Therapy (50 minutes)*
- *Two Weekly Coached Therapy Sessions (50 minutes each)*
- *One to Two Weekly Coached Calls (15 minutes each)*
- *Family Accommodation Session* can be added or integrated within the above if needed (aimed at assisting family members support an individual in healthy and sustainable ways)
- Session Fees are higher than Standard Therapy Sessions given the weekly care coordination involved within Intensive Programs (this entail your treatment team meeting weekly with a Clinical Psychologist to discuss your progress, treatment plan and next steps)
- Please refer the Intensive Treatment Program Fact Sheet for additional details

Who will this be helpful for?

Clients with a diagnosis or symptoms of Borderline Personality Disorder; clients with managed symptoms of Bipolar Disorder seeking emotion regulation strategies; individuals presenting with ADHD symptoms that have received CBT for ADHD and would thereafter benefit from emotion regulation and/or impulse control skills.

Individuals within any of the above presentations + additional (comorbid) mental health presentations (Trauma, Depression, Anxiety, OCD, Eating Disorders, Substance Use, etc.) that would benefit from DBT skills..

Is there anyone for whom the DBT Program is not recommended?

This program will be less helpful for individuals who are seeking emotion regulation strategies who do not present with symptoms of Borderline Personality Disorder, Bipolar Disorder or ADHD. In such cases, the OICBT's Mindfulness/Emotion Regulation Group is advised (this is integrated within the ADHD Group Therapy Program (Module 2); this group serves clients with or without ADHD. Please see our website or the ADHD Group Fact Sheet for more information.

The DBT Program program will be less helpful for individuals presenting with Bipolar Disorder who are actively experiencing symptoms of mania/hypomania or did not first receive CBT skills for managing Bipolar Disorder. The DBT Program will be less helpful for individuals presenting with ADHD symptoms who did not first receive CBT skills for managing ADHD skills. For clients presenting with adjunct comorbid trauma or PTSD, please note treatment may first involve stabilization and emotion regulation skills prior to safely and effectively processing and working on the trauma.

What are the Requirements during the DBT Program?

- Participation in the DBT program involves the following:

- Attending the weekly DBT Skills Training Group *and* individual therapy (the frequency of individual sessions will be determined with your individual therapist, with a minimum of one session a month)
- You must be followed regularly by your Family Physician and/or Psychiatrist. As part of your circle of care, the clinicians in the DBT program will communicate with your GP/Psychiatrist and individual therapist to ensure continuity of care.
- All the DBT groups 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.
- The number of clients in a Module at any given time may range from 5-10 participants
- You may withdraw from the DBT program at any time (with 48 hours notice). If you choose to withdraw from either the skills group or individual therapy, you will be discharged from the program.
- We ask that you make a commitment to complete the Module in which you are registered.
- There is no requirement or expectation that you complete all 3 of the modules. However, clients will best gain from the program and DBT skills if they complete all 3 modules.

What is the DBT Education and Treatment Orientation Session?

All clients who accept to move forward with the DBT Program will begin the program with a **50 minute** DBT Education and Orientation **Session**. The purpose of this session is to ensure that the DBT program is a good fit for your treatment goals, to introduce you to the psych-educational principles of DBT and for you to be fully informed of the program's policies. Additionally, the goal of this session is aimed at individualizing and tailoring your care by identifying treatment goals. The session occurs one-on-one with a DBT therapist.

The scheduling of your DBT Individual Therapy and DBT Group will occur as a separate and next step.

With this aim, the following will be covered:

- Teletherapy Guidelines and the Consent process as per Ontario regulatory and professional colleges standards of professional practice
- Teletherapy etiquette for people who are new to virtual group services
- DBT Program Consent Form and DBT Contract
- DBT Program rules related to:
 - Relationships with other group members
 - The use of language related to problematic behaviour (e.g., self-harm, suicidality, alcohol & drug use) that can be detrimental to the therapeutic process
- The structural aspects of DBT skills training (e.g., group format, rules, meeting times)
- Review the Biopsychosocial Theory of Emotional Dysregulation and the Cognitive Behavioural Therapy Model so clients understand the principles upon which DBT skills are developed
- DBT stages of treatment & the function of DBT
- Target behaviours in treatment
- Client and therapist agreements when committing to the DBT program

- To develop specific client-centered goals for behaviours to increase and decrease to optimize the client's experience in the DBT program.
- To introduce distress tolerance skills and have a crisis plan in place

Why Group Therapy?

Concerns about privacy and/or treatment effectiveness can deter individuals from participating in group therapy. Clients are often relieved to know that group participants are not expected to share detailed personal information. Furthermore, much of what differentiates group from individual therapy is shown by research to have added benefits unique to this format. For example, group therapy:

- is more affordable/cost effective than individual therapy
- offers opportunities to learn from peers with shared experiences
- supports an increased sense of community, connection, and belonging.
- provides opportunity to learn from others (increasing self-awareness and insight)
- provides a structured and supportive environment for practicing CBT skills
- Allows opportunities to give support (which can improve self-confidence, self-esteem)

Individual therapy + Group?

The DBT Program has a requirement of integrating the combination of Individual therapy + Group. Group therapy is aimed at learning and implementing structured DBT therapy strategies and individual therapy sessions are aimed at tailoring and integrating DBT strategies to your unique needs and circumstances.

How will my involvement in this service connect to other OICBT services (if applicable)?

Involvements in programs/services can occur in parallel (e.g., being involved in two programs/services simultaneously) or sequentially (one after the other) based on a careful assessment of clinical needs and what will allow an individual to best gain from therapy services. The OICBT uses a stepped care model to assess i) type of service needed, ii) intensity level of services, and iii) order/sequencing of services (if applicable). All OICBT services/programs are interconnected so that one can be triaged across services/programs in a way that allows continuity of care and flow throughout (Services: Assessment Stream, Bridging Program, Group Therapy Programs (Anxiety/Depression Group, Core Beliefs Group, ADHD Group (module 1 and 2), Individual Therapy, DBT Program, Intensive Treatment Program). The OICBT uses standardized treatment/transfer planning documents that will be shared with your subsequent treatment teams/therapist (if applicable): which entails a detailed summary of your case conceptualization, uniquely tailored therapy strategies implemented; goal and progress attainment, obstacles encountered (or ongoing), and remaining goals and suggested strategies.

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 this service?

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 referred to the DBT program, you will be placed on our DBT Program wait-list until an availability opens in one of our groups. Once a spot is available in the group, you will be sent a one- hour appointment for the DBT Psychoeducation/Orientation session.