Class Logistics

Both the younger teen (ages 12 - 14) and older teen (ages 14 - 18) classes meet weekly in Chapel Hill, NC.

The program is 26 weeks.

The fee covers the teen and adult, as well as a workbook for each participant.

This program is psychoeducational and **not group therapy**. It is not billable to insurance and you will be required to sign a release stating you understand that you cannot bill your health insurance for the class. In some cases you may be able to get reimbursed by your healthcare savings account if they reimburse for psychoeducation.

**About the Instructors . . .**

**Johnna Pilipchuk** has been a co-director of the Adolescent Program for Triangle Area DBT (TADBiT.) She completed the DBT Intensive training as well as training with Dr. Alec Miller and Dr. Jill Rathus. Doctors Rathus and Miller are part of the research team that adapted DBT for adolescents along with Dr. Marsha Linehan, the founder of DBT. Johnna has taught DBT Skills Classes for over 15 years and practiced DBT for over 20 years.

**Tiffany Sands** has been working with adolescents and families for 21 years. She completed the DBT Intensive and attended adolescent focused DBT training with Dr. Jill Rathus. Tiffany is a licensed professional counselor and has been teaching the DBT skills class for younger adolescences for 5 years.

**Elena Lea,** of HRC Behavioral Health and Psychiatry in Chapel Hill, is a licensed psychologist who specializes in the treatment of children and adolescents. She is a DBT therapist and instructs the skills class for older adolescents with Johnna Pilipchuk.

**Brooke Schmaling** is a licensed clinical social worker who completed a two year postgraduate fellowship in clinical social work at Yale Child Study Center in the Yale University School of Medicine. Brooke joined our DBT team several years ago and is currently teaching the DBT Skills Class for younger adolescents with Tiffany Sands.

For more information about the older adolescent class contact Johnna or Elena. For the younger adolescent class contact Tiffany or Brooke.

dbtteen.com

**Attention Therapists!**

Johnna facilitates a monthly DBT Consultation Team for therapists with a focus on using DBT with adolescents, parents and families. If you are interested in learning more about DBT or want to become a skills coach for your client attending skills class, contact Johnna.
What is Dialectical Behavior Therapy (DBT)?

DBT is a three-part evidence-based cognitive-behavioral therapy for treating emotion dysregulation, self-injury and suicidality in individuals.

Developed by Dr. Marsha Linehan, and enhanced for adolescents by Drs. Jill Rathus and Alec Miller, DBT incorporates Eastern mindfulness and acceptance skills. These skills differentiate it from standard cognitive-behavior therapy. DBT has proven effective with:

- Impulsivity/emotion regulation/self-harm
- Chronic depression/anxiety
- Anger management
- Worrying/ruminating
- Confusion about oneself
- Adolescent/family dilemmas
- Relationship issues
- Substance abuse
- Eating disorders

What are the three parts?

Part 1: Teen participates in individual therapy with a DBT therapist. The individual therapist serves as the teen's skills coach and teaches the teen how to generalize DBT skills to everyday life.

Part 2: Teen and a significant adult in his/her/their life attend a weekly DBT skills class.

Part 3: All DBT therapists participate in a DBT Consultation Team where therapists practice skills and receive and provide consultation to other DBT therapists.

What is DBT skills class like?

Classes consist of three parts each week: mindfulness practice, review of previous week's skills and presentation of new skills. The classes are taught by two experienced DBT instructors who specialize in teaching DBT to adolescents.

The DBT program consists of five skills modules which are summarized at the right.

Core Mindfulness
- Access wise mind choices/behaviors
- Identify and understand emotions, thoughts, facts and body sensations
- Recognize and reframe self-judgment

Distress Tolerance
- Tolerate a stressful moment
- Soothe yourself
- Accept the moment and don't make matters worse

Interpersonal Effectiveness
- Increase your chances of being more effective with others
- Identify thoughts and emotions that get in the way of being effective with others
- Clarify your priorities in interpersonal situations

Emotion Regulation
- Decrease vulnerability to negative emotions
- Increase positive emotions
- Understand the relationship between thoughts, emotions and behaviors

Walking the Middle Path
- Balance acceptance of self and the need to change
- Validate yourself and others
- Think dialectically