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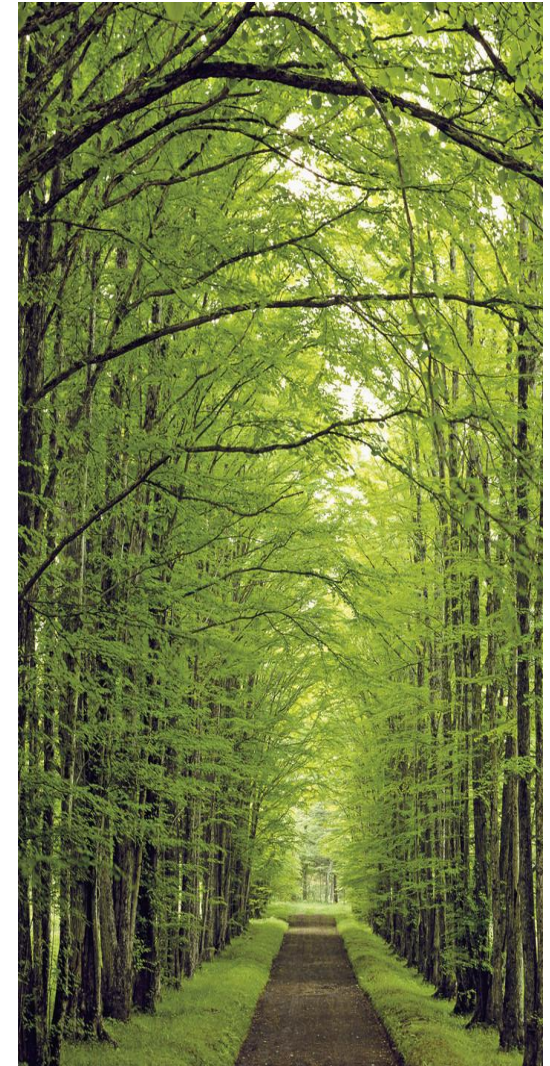
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**Dialectical Behavior Therapy Services Program**  
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# **Dialectical Behavior Therapy at WVU-Charleston**



**Build a life  
worth living...  
one step at a time**

# Dialectical Behavior Therapy at West Virginia University School of Medicine-Charleston

## About Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a treatment for people with high-risk and life-threatening behaviors, severe problems with emotional and behavioral instability, and/or Borderline Personality Disorder. This treatment was specifically designed for people who engage in impulsive, self-destructive behaviors. Although it was originally developed for people with Borderline Personality Disorder, DBT has now been successfully applied to the treatment of impulsive and destructive behaviors in other disorders.

DBT is an emotion-focused treatment that combines cognitive-behavioral therapy with the principles of mindfulness (meaning awareness) and acceptance. This treatment is aimed at helping people with complex psychological problems learn new and healthy ways to manage intense stress (called “distress”) and keep their emotions balanced. DBT also teaches people skills for problem-solving and for changing negative emotions.

These skills are taught in DBT through the following four modes of treatment:

- ② Individual therapy
- ② Skills coaching
- ② Group skills training
- ② DBT therapist consultation team

## About Our Program

### Individual DBT

Patients participate in weekly individual therapy sessions for 12 months. Therapy sessions are aimed at decreasing impulsive and self-destructive behaviors by increasing coping and problem-solving skills.

### DBT skills coaching

When learning new ways of solving problems and dealing with challenging situations, it's often difficult to know what options are available. DBT patients have access to their individual therapist between sessions via phone and/or pager for consultation to stay on track toward reaching their treatment goals.

### DBT group skills training

Patients participate in weekly group skills training classes for 12 months. Skills training groups teach new strategies that patients (with the help of their therapist) can begin using to help improve their quality of life, reduce problematic behaviors, and get closer to achieving their goals. Group skills training sessions teach skills in the following areas:

- ② **Mindfulness:** Skills that increase self-awareness.
- ② **Distress Tolerance:** Skills for getting through a crisis without making it worse, and for making life adjustments when major changes happen.
- ② **Emotional Regulation:** Skills for maintaining emotional balance by increasing attention to self-care and increasing pleasant emotions.
- ② **Interpersonal Effectiveness:** Skills for keeping relationships with other people healthy and balanced.

### DBT Therapist Consultation Team

Our DBT therapists and skills trainers participate in a DBT consultation team, in which the treatment they provide to patients in the DBT program is reviewed with other DBT therapists. This allows for the highest quality treatment to be provided to DBT patients.

Our team has completed the DBT Intensive Training© process with Behavioral Tech, the highest level of training possible in DBT.

### DBT for Adolescents

Our DBT services also include a program for teens ages 14-18 who are struggling with intense emotional fluctuations, self-injury, and/or suicidal behaviors.

The adolescent DBT program at WVU-Charleston is a 16-week program that includes:

- ② Weekly individual therapy for teens
- ② Skills coaching
- ② Teen-Parent group skills training (at least one parent/caregiver is required to attend each skills class meeting)

### About Payments and Insurance

Our program is housed within the Department of Behavioral Medicine and Psychiatry at WVU-Charleston, and is administered by WVU Physicians of Charleston. WVU Physicians of Charleston is in-network with most national and local insurance companies, and also accepts Medicaid and Medicare. Our billing specialists can help determine if a patient's insurance will cover our program's services.