

Please direct all inquiries
about DBT services to:

Patrick Kerr, Ph.D.

Phone

304.388.1033

Fax

304.388.1031

E-mail

pkerr@hsc.wvu.edu



Dialectical Behavior Therapy Services Program
West Virginia University School of Medicine
Charleston Division
Department of Behavioral Medicine & Psychiatry
3200 MacCorkle Ave SE
Robert C. Byrd Clinical Teaching Center, 5th Floor
Charleston, WV 25304

Is your teen struggling with...

Self-Injury?

Suicidal Thoughts?

Intense mood swings?

**Help your teen
get things back on track with**

Dialectical Behavior Therapy

for Adolescents!



About Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a behavior therapy that was originally developed for adults with high-risk and life-threatening behaviors, and problems with emotional instability. .

DBT for Adolescents

Research has found that DBT can also help teens with these same problems.

DBT for Adolescents (DBT-A) helps teens who have complex psychological and behavioral problems learn new and healthy ways to manage intense stress and keep their emotions balanced. DBT also teaches people skills for problem-solving and for changing negative emotions.

What Does DBT-A Involve?

Our DBT-A program provides treatment to teens ages 14-18 who are struggling with intense emotional fluctuations, self-injury, and/or suicidal thoughts and behaviors.

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

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

About Our Program

Individual DBT

Teens participate in weekly individual therapy sessions for 16 weeks. Therapy sessions are aimed at decreasing impulsive and self-destructive behaviors by increasing coping and problem-solving skills.

DBT skills coaching

Learning new things can be a challenge for anyone, but learning how to deal with emotions and impulses can feel overwhelming! It's not always easy to know what to do when things feel out of control. Teens participating in the DBT program have access to their individual therapist between sessions via phone and/or pager for consultation to stay on track with changing their behaviors.

Teen-Parent group skills training

Teens and their parents participate in weekly group skills training classes for 16 weeks. These groups are like classes that teach new ways of dealing with problems. Group skills training sessions are 90 minutes and teach skills in the following areas:

- Mindfulness: Skills that increase self-awareness.
- Distress Tolerance: Skills for getting through a crisis without making it worse, and accepting things that are difficult.
- Emotional Regulation: Skills for keeping your emotions in balance.
- Interpersonal Effectiveness: Skills for keeping relationships with other people healthy and balanced.
- Walking the Middle Path: Skills for solving life's toughest problems.

DBT Therapist Consultation Team

Our DBT therapists participate in a DBT consultation team, in which the treatment they provide to teens in the DBT program is reviewed with other DBT therapists. This means that your child receives the best possible treatment.

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

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. We also welcome Medicaid and Medicare. Our billing specialists can help determine if a patient's insurance will cover our program's services.

If you need help immediately or are thinking about killing yourself, please call 9-1-1, or get to an emergency room at a hospital.

You can also call the National Suicide Prevention Lifeline:

1.800.273.8255 (TALK)