

Greenville DBT Collective

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Standard DBT Program Information

Dialectical Behavior Therapy for Adults

Program Overview

Our standard DBT program follows the evidenced-based treatment first developed by Marsha Linehan, Ph.D. While originally created to treat symptoms of borderline personality disorder, standard DBT can be helpful for individuals who experience their emotions as being out of control. This type of emotional vulnerability is often referred to as *undercontrolled* (UC), meaning the individual is lacking effective self-control. This program is for adult clients who, generally, live independently from parents or guardians.

Standard DBT can be appropriate for adults who feel their emotions very intensely, often acting impulsively on emotions. These individuals may have a history of chronic suicidal ideations, self harming behaviors, and/or other self destructive tendencies. Generally, adults with high emotional vulnerability lack the skills necessary to regulate their emotions, leading to difficulty in areas related to behaviors, relationships, cognitions, and self-identity.

Standard DBT Treatment Structure

Greenville DBT Collective's adult DBT program is adherent to the evidenced-based protocols that form the treatment's effectiveness. This program includes the following four components:

- **Individual Therapy** - Clients meet once per week with their individual therapist
- **Group Therapy (skills training group)** - Clients participate in a skills training group with other adult clients once per week. The skills cover four main areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness
- **Phone Coaching** - Clients are able to contact their individual therapist via phone call throughout the week in order to get assistance with using skills effectively in the moment.
- **Consultation Team** - DBT therapists meet once per week to consult with and support each other in order to do what is needed to help clients achieve change. Clients do not directly participate in this process.

Pricing/Fees

All therapists participating in Greenville DBT Collective are out-of-network providers. This means our clients pay out-of-pocket for services. We are able to provide clients with insurance forms after each service to submit to their insurance companies for possible reimbursement. Determining whether your insurance company offers out-of-network benefits and submitting the necessary paperwork falls on the responsibility of the client. Our fees are as follows:

- Initial assessment(s): \$180
- Weekly individual therapy: \$110/50-minute session
- Weekly group therapy (skills training): \$45/one-hour group session
- Total weekly cost: \$155

The therapy practices collaborating within the Greenville DBT Collective follow a fee-for-service payment model. You pay for your services (sessions) as they are provided.

Treatment Length

The total length of treatment is unique to the individual client. The skills-training group takes approximately 9-12 months to complete. After “graduating” from the skills group, clients will work with their individual therapist to determine individual treatment frequency moving forward. This depends on a variety of factors, including clients’ overall progress toward treatment goals.