



# Adolescent Dialectical Behavior Therapy (DBT) Program



Dialectical Behavior Therapy (DBT) is a therapeutic approach to treat individuals with difficulty regulating their emotions and behavior, including those with traits of Borderline Personality Disorder. Through a supportive and genuinely therapeutic environment, behavioral skills are developed to improve impulse control, emotional regulation, interpersonal effectiveness and overall functioning, and replace harmful ways of thinking and behaving with new, healthier ways.

## The Trinitas Adolescent DBT treatment program consists of the following:

- Individual Therapy
- Multi-family Skills Training Group
- Phone Coaching  
(for teens and parents/caregivers)
- Consultation Team
- Family Therapy (as needed)
- Individual Parent Coaching (as needed)

## Skills Taught:

- Mindfulness
- Emotion Regulation
- Interpersonal Effectiveness
- Distress Tolerance
- Walking the Middle Path



For more information please call 908-994-7378 (English) or 908-994-7317 (Spanish), or visit [rwjbh.org/trinitasDBT](http://rwjbh.org/trinitasDBT)