



THE CENTER FOR DBT



THE CENTER FOR DBT offers a number of DBT services including:

- Basic DBT psychosocial skills training groups
- Individual DBT coaching sessions
- Family and Caring for the Caregivers groups
- Specialized DBT psychosocial skills training groups

Conveniently located in the midtown area of Santa Barbara,
the Arlington Day Treatment Program offers a number of
DBT Skills Training groups.

“Psychosocial skills training is
necessary when solutions to an
individual’s problems and
attainment of that individual’s
desired goals require behavioral
skills not currently in that
individual’s behavioral repertoire”

Marsha Linehan, Ph.D.

www.TheCenterforDBT.org



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Our DBT program has as its theoretical foundation that of the original DBT Skills Training program designed by Marsha Linehan.

Since its original development, DBT has been used effectively with a broad population that includes individuals with mood, anxiety, eating and thought disorders. It also has proven to be effective with those suffering with PTSD, and for individuals struggling with substance abuse recovery. There is now a solid body of evidence-based research supporting the success of individuals who participate in DBT Skills Training. A high percentage of those who complete the training grow in realizing their potential because they learn to respond more adaptively and congruently to life situations—in short, they learn to regulate their emotions.

The Arlington Day Treatment Center (ADTC) has incorporated into its outpatient Day program a full DBT Psychosocial Skills Training Program. At [The Center for DBT](#), we assist clients as they develop a range of skills which improves their ability to manage interpersonal relationships and to regulate their emotions. This in turn, has allowed them to be more effective in navigating their world.

Dialectical Behavior Therapy (DBT) is about the “dialectic” of acceptance and change. Understanding when we can change something and having the skills to do so versus understanding when we cannot, and having the skills to manage and accept what we cannot change.

DBT is a form of cognitive behavior therapy that integrates the Zen concept of mindfulness with the ability to focus on the present. To be in the moment. As the capacity to be mindful develops, one learns, without judgment, to observe one’s own subjective thoughts, feelings and moods. Ultimately, by using the wide range of skills learned, individuals are better able to manage impulsive behaviors that result from dysregulated emotions.

The focus of DBT is to learn skills that will assist in emotional regulation to counter maladaptive behaviors—behaviors that interrupt an individual’s ability to function effectively in the world.

DBT identifies four areas of emphasis that we explore through the core DBT modules:

- ◆ **Emotion Regulation**
- ◆ **Interpersonal Effectiveness**
- ◆ **Core Mindfulness**
- ◆ **Distress Tolerance Skills**

Our training includes modules that teach specific skills to address each of these areas of dysregulation. Two of the modules focus on ACCEPTANCE skills: Mindfulness and Distress Tolerance; and two on CHANGE skills: Emotion Regulation and Interpersonal Effectiveness



Santa Barbara Mission

The “behavior” aspect of DBT addresses the need to have clear goals that are regularly viewed with respect to actions. This approach places significant focus on feelings as valid pieces of information, but recognizes the need to learn how to regulate emotion to achieve goals.

The first half of each group session is spent reviewing members’ diary cards and homework sheets (yes, there is homework). The diary card provides a structure to track progress in changing the behaviors that each individual identifies for him/herself, as self-defeating. The diary card also tracks which skills were used and how effective they were, on any given day, in helping interrupt an unhealthy behavior. In the second half of the group, a new skill is taught. The assigned homework sheets and the regular use of the diary cards serve to reinforce the newly learned skill.

Learning DBT skills is like learning a foreign language. It requires time and practice, and practice and more practice.

The “mindfulness” component of DBT teaches strategies to develop a non-judgmental stance when confronted with difficult feelings, thoughts, and experiences. When our emotions are elevated, our brain shuts down. In order to have access to our brain, we need just enough space between the intense emotions, and our rational mind. The mindfulness strategies allow one to create the space for objectivity that supports the reasoning needed to employ the skills of inter-personal effectiveness, emotion regulation, and distress tolerance.

Changing ingrained behavior and emotional patterns takes both commitment and hard work. To support the staying power needed to succeed, all group members sign a six-month commitment agreement. With dedication to this training, group participants learn to face their feelings without terror, increase their sense of personal identity, improve their judgment, sharpen their observational skills, and reduce the sense of crisis in their life.

At The Center for DBT we offer day and evening groups for clients struggling with anxiety, substance abuse, anger, rage, early abuse, and depression. Additionally, we have available individual coaching sessions and a family DBT group which specializes in providing support for family members who have love ones suffering from mental illness.



Santa Barbara Pier

In our work we have found that DBT is effective for clients who present with high emotional sensitivity, a slow return to emotional baseline, and an inability to tolerate their feelings.

For more information please call us at:
805.569.2785 Ext. 213

Or visit us at:
www.TheCenterforDBT.org



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DBT PSYCHOSOCIAL SKILLS TRAINING GROUPS: These groups provide a safe environment for members to effectively develop skills to manage undesirable behaviors and realize more of their potential.

GENDER SPECIFIC DBT SKILLS TRAINING GROUPS: The Center for DBT offers a Men's DBT and a Women's DBT group. The core material is the same as the DBT Psychosocial Skills Training though certain clients feel safer and more comfortable in a group where it is gender specific.

CO-OCCURRING DBT SKILLS TRAINING GROUPS: This group is offered for those who are not only wishing to learn DBT skills but specifically are dealing with substance abuse issues as well. The core material is the same as the DBT Psychosocial Skills Training

INDIVIDUAL DBT COACHING SESSIONS: The Center for DBT offers one on one sessions. Ideally, clients have a weekly DBT group and a weekly DBT individual coaching session. Individual DBT Coaching sessions only may also be an option if deemed appropriate for the client.

BODY IMAGE & RELATIONSHIP WITH SELF AND FOOD: This group targets the relationship that individuals have with their body and food. While we do not specifically deal with eating disorders, we look at eating and body image through the filter of DBT to help clients build a healthier relationship with food, their bodies, and themselves.

Coming soon to our DBT program:

FAMILY AND CARING FOR THE CAREGIVERS: This group looks at the relationship that family members have with their loved ones and teaches them to communicate more effectively.



SANCTUARY CENTERS

OF SANTA BARBARA

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OUR GOAL:

To ensure clients have a safe, inviting environment in which to do the personal work that has led them to seek a day treatment program. We hope the experience all our clients have in the Arlington program will allow them to develop and enhance a range of skills and a sense of well being. We also hope their experience here will contribute to a strengthened sense of self as they walk in the world and enable them to pursue directions that tap their greatest potential.



**FOR MORE
INFORMATION
REGARDING OUR DBT
PSYCHOSOCIAL SKILLS
TRAINING PROGRAM:**

**CALL
805.569.2785 x213**

**OR VISIT
WWW.THECENTERFORDBT.ORG**