

## Payment

Accepted payment methods include Visa, Mastercard, Cheque, or Cash.

Please be aware that our services are not covered by the Medical Service Plan (MSP).

Receipts will be issued to families electronically. These receipts may be submitted to family's health insurance benefit provider. Please contact your insurer to find out the terms and conditions of your annual coverage.

## Hours of Operation

Individual appointments are available Monday through Saturday, including some evenings, depending on the availability of the individual clinician. Appointments are made directly with your individual therapist.

Our current adult DBT groups are held:

- Tuesdays 4:30 to 6:30pm
- Thursdays 4:30 to 6:30pm
- Fridays 9:30 to 11:30am

## Cancellation Policy

A minimum of 24 hours is required to cancel an individual session without charge. If a session starts late it will end at the originally scheduled time with the same fee arrangement as for a full session.

Please note there is a *no-cancellation policy* for group sessions. This means that participants will be charged for missed sessions even with advance notice. However, participants will not be charged for further sessions if they give 24 hours notice to withdraw from the group. Participants could withdraw at any time.

## CONTACT US

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**Online Referral Form:**  
<http://wisemindcentre.com/electronic-referral-form/>

# Dialectical Behavioural Therapy Skills Training



**WISE MIND  
CENTRE**

## Who may benefit from the DBT skills group?

Individuals who struggle with the following:

- ✦ Borderline personality disorder
- ✦ Suicide ideations
- ✦ Self-harm urges and behaviours
- ✦ Substance use problems
- ✦ Emotion dysregulation and reactivity
- ✦ Impulsiveness and high risk behaviours
- ✦ Interpersonal conflict
- ✦ Ineffective ways of coping
- ✦ Eating problems
- ✦ *Individuals who suffer from chronic psychosis may not benefit from DBT group*

## Individual Therapy

Therapy consists of weekly sessions utilizing DBT assessment and treatment strategies. Treatment focuses on improving cognitive, behavioral, and emotional regulation in order to help the individual to build a life worth living and to work toward goals they want to achieve in treatment.

## DBT Phone Coaching

Clinicians are available to provide phone coaching in between sessions to facilitate skill acquisition and rehearsal (available only for clients who participate in our full DBT program and see one of our individual clinicians). Phone coaching calls are limited to a 15 mins per week in between sessions.

**For more information about the effectiveness of DBT and for whom DBT may work, please visit:**

<https://behavioraltech.org/research/evidence/>  
<https://behavioraltech.org/research/how-dbt-helps/>

## Components of a comprehensive DBT Program:

Individual Therapy (1 hour weekly)

26-week Skills Group (2 hours weekly)

Phone Coaching

DBT Consultation Team (weekly for clinicians)

## DBT Skills Group

A standard DBT skills group covers the following skills modules, over a course of 26 weeks:

- ✦ Mindfulness Skills (6 weeks)
- ✦ Emotion Regulation (8 weeks)
- ✦ Distress Tolerance (6 weeks)
- ✦ Interpersonal Effectiveness (6 weeks)

Modes of delivery (either one):

- ✦ In-person at our office
- ✦ Online, videoconferencing via a secure platform

