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Payment

Accepted payment methods include e-transfer or credit card (Visa or Mastercard only). If e-transfer is the preferred payment method, a credit card is still required to be kept on file. If e-payment is not received within 48 hours of your appointment, the fee will be put through on your credit card.

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

Receipts will be issued to caregivers electronically. These receipts may be submitted to insurer for reimbursement. Please contact your insurer to find out the terms and conditions of your family's annual extended health plan coverage.

Hours of Operation

Individual appointments are available Monday through Friday, including some evenings, depending on the availability of the individual clinician.

Appointments are made directly with your individual therapist.

Please visit our website for updated information about group meeting times.
<https://wisemindcentre.com/group-therapy/>.

Dialectical Behavioural Therapy for Adolescents & families

DBT-A: for adolescents suffering with Emotional Dysregulation and their families

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 families will be charged for missed sessions even with advance notice. However, families 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:

<https://hushforms.com/wisemindcentre-referralform>



**WISE MIND
CENTRE**

Who may benefit from multi-family adolescent DBT group therapy?

Families with an adolescent aged 14 to 17 (exceptions may be considered) who struggles with the following:

- ✦ Suicide ideations and urges
- ✦ 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 adolescent 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 to teen clients participating in our comprehensive DBT program). Phone coaching is limited to 15 mins per week.

Requirements for Participation

- ✦ Adolescent must be under the care of a primary mental health clinician (e.g., psychiatrist, psychologist, counselor, social worker) in our program or elsewhere in the community.
- ✦ Group attendance of one or both parents/primary caregivers.
- ✦ Parental involvement is expected for the purpose of skill generalization at home and for parents to learn how to better understand and cope with their own emotions, as well as to improve their communication skills.

Components of comprehensive DBT Program for Adolescents:

Individual Therapy (1 hour weekly for adolescent)

26-week Multi-Family Skills Group (1.5 hours)

Phone Coaching with Adolescent (as needed)

DBT Consultation Team (weekly for clinicians)

DBT-A Multi-Family Skills Group

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

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

