



Ten-Week DBT (Dialectical Behavior Therapy) Telemental Health Program Information Sheet for School Counselors

What We Offer

DBTweens is an online Dialectical Behavior Therapy (DBT) program, which follows the DBT for Children (DBT-C) curriculum. DBT is an evidence-based treatment created by Marsha Linehan, Ph.D., and supported by scientific research. It is a type of therapy that combines acceptance and mindfulness with cognitive behavioral therapy and problem-solving strategies. DBT-C is a modified form of DBT developed by Francheska Perepletchikova, PhD.

DBTweens provides an adherent program, which means we offer all the components of a comprehensive DBT-C program. This includes individual therapy, group skills training, skills coaching and parent coaching. Our staff consultation group meets weekly to review individual cases. We also, on an as-needed basis, make referrals and consult with outside services.

DBTweens has rolling admission, which means we allow new clients to enter the program as long as there are openings. New clients start on Mondays, and must agree to participate in all ten weeks as we are curriculum-driven.

Who We Serve

Our clients can present with safety concerns, depression, anxiety, emotion dysregulation, avoidance, and/or behavioral issues, who don't require psychiatric hospitalization AND need much more than an hour of individual therapy each week. Parents participate in multiple group and individual sessions/week, with a specific treatment target being to help modify the home environment to best meet the child's needs.

Our Fees

We accept many commercial insurance plans. Please see the Insurance Info section on our website to get up to date information on insurance plans we work with, as this information changes regularly.

Referrals

Please have parents go to dbtweens.org and click on Request More Information. They will be able to select a time for a 30-minute phone call with our admissions team who will answer any questions they may have and walk them through the enrollment process. They are also welcome to email us at info@dbtweens.org.

Paths to Participation:

Visit us at dbtforyou.org — Call us at 603-285-9129 — Email us at info@dbtforyou.org

We look forward to helping your students build lives worth living.