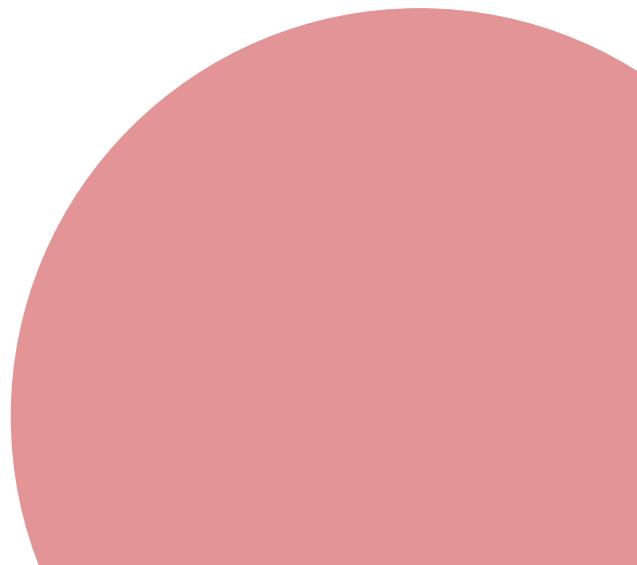




DBT

ORIENTATION

<https://breadandrosestherapy.com/dbt>



About Us:



Authentic.

Affirming.

Aware.

We provide all of your ongoing mental health support needs through authentic, affirming, and aware relationships that embody connection, safety, and warmth.

ABOUT ALOE

LICENSED SOCIAL WORKER

"ALOE"
SARAH
MICHELSON



I have a passion for working with gender expansive, transgender and non-binary adolescents, and those interested in exploring their cultural and social identifiers. I am also passionate about utilizing evidence based interventions, so that people can successfully create a life worth living. I have special interest in combining Dialectical Behavior Therapy and gender expansive support.



WHO WOULD BENEFIT FROM DBT?

**FOLKS WHO EXPERIENCE BIG &
OVERWHELMING EMOTIONS**

PEOPLE OF ALL AGES

**INDIVIDUALS WHO ARE MOTIVATED
FOR TREATMENT**



COMPONENTS OF DBT

WEEKLY INDIVIDUAL SESSIONS

WEEKLY DBT SKILLS GROUP

PHONE COACHING

DBT CONSULTATION TEAM



INDIVIDUAL DBT

INDIVIDUAL DBT THERAPY FOCUSES ON CLIENT AND THERAPIST COLLABORATION TO DETERMINE WHAT MALADAPTIVE BEHAVIORS ARE IMPEDING BUILDING THE CLIENT'S LIFE WORTH LIVING.

SESSIONS ARE HIGHLY STRUCTURED AND PRIORITIZE LIFE THREATENING BEHAVIORS, TREATMENT INTERFERING BEHAVIORS, AND BEHAVIORS THAT IMPEDE A LIFE WORTH LIVING.



4 MODULES OF DBT SKILLS GROUP

**MINDFULNESS
DISTRESS TOLERANCE
INTERPERSONAL EFFECTIVENESS
EMOTION REGULATION**

60 Minute Weekly Sessions for 24 Weeks

Group is priced at a reduced fee of \$30 per session for ongoing individual clients of Bread and Roses Therapy. Group fees are \$60 per session for clients with providers outside of Bread and Roses Therapy.



PHONE COACHING GUIDELINES

PHONE COACHING IS NOT THERAPY

Your therapist will spend 5-15 minutes with you in order to help you generalize DBT skills to your everyday life, and ask for help in effective ways.

BEFORE CALLING FOR PHONE COACHING YOU MUST:

Text your therapist your current urges, intensity of urges, and what skills you have already tried.

24-Hour Rule: You are expected to call your therapist before you engage in ineffective or self-harming behaviors. If you have already acted on a self-harm urge, your therapist will not respond to phone coaching outreach and will explore this with you in your next scheduled session. The reasoning behind this is that your therapist is most helpful before you act on these urges. In essence, you have already taken care of your distress and “solved the problem” by engaging in ineffective behaviors.

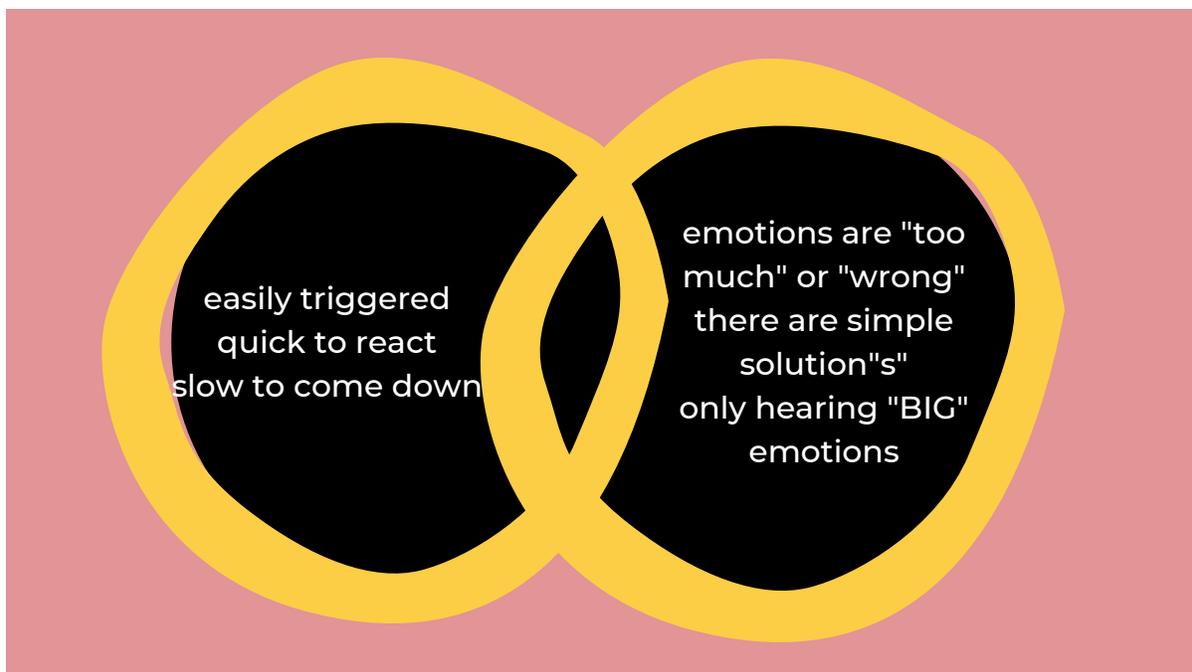


DBT CONSULTATION TEAM

THE DBT CONSULTATION TEAM IS OFTEN REFERRED TO AS "THERAPY FOR THE THERAPIST." THE TEAM'S ROLE IS TO "HELP THE THERAPIST THINK CLEARLY ABOUT HOW TO CONCEPTUALIZE THE PATIENT, THE RELATIONSHIP, AND BEHAVIORAL CHANGE IN DBT THEORETICAL TERMS, AND HOW TO APPLY THE TREATMENT SKILLFULLY."

BIOSOCIAL THEORY

WHY ARE EMOTIONS SO INTENSE AND
HARD TO REGULATE?



BIOLOGICAL SENSITIVITY + INVALIDATING ENVIRONMENT

LEADS TO:
CHRONIC EMOTIONAL
DYSREGULATION



TREATMENT HIERARCHY

LIFE THREATENING BEHAVIORS

- Self-Harm
- Suicidal Ideation
- Suicidal Behaviors
- Disordered Eating
- Substance Abuse

TREATMENT INTERFERING BEHAVIORS

- Not Coming to Scheduled Sessions
- Coming Late to Sessions
- Not Completing Homework
- Not Participating in Sessions

QUALITY OF LIFE INTERFERING BEHAVIORS

- Depression
- Anxiety
- Interpersonal Conflict
- Panic Attacks
- Stressors



BEHAVIORAL TRACKING

DIARY CARDS

It can be hard to accurately describe behaviors, urges, thoughts and emotions without relying on memory or mood

TRACKING BEHAVIOR CHANGES BEHAVIOR

WHAT WILL BE TRACKED

We will collaboratively develop a list together based on your personal treatment plan and goals.



FAMILY SESSIONS

HOW OFTEN DO PARENTS ATTEND TEEN SESSIONS?

Parents will be invited to attend ALL DBT Orientation sessions, will be invited to session to discuss the completed Treatment Plan, and every three months or as needed to discuss treatment progress.

CONTACT AND SOCIAL MEDIA

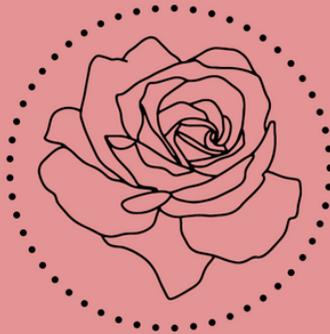
[HTTPS://BREADANDROSESTHERAPY.COM/](https://breadandrosestherapy.com/)

Facebook: <https://www.facebook.com/BreadandRosesTherapy>

Instagram: <https://www.instagram.com/breadandrosestherapy/>

LinkedIn: <https://www.linkedin.com/in/sarahrosemichelson/>

Psychology Today: <https://www.psychologytoday.com/us/therapists/aloe-sarah-michelson-philadelphia-pa/978095>



BREAD AND ROSES THERAPY