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## DBT-Foundational Skills Training Program (DBT-FST)?

### Who Are We?

Since 2013, The Ebright Collaborative, LLC is the only outpatient practice in Delaware that offers *Dialectical Behavior Therapy* (DBT). Our team has worked closely with the DBT community at large to maintain high adherence to the treatment model and currently staff the only Linehan Board Certified DBT therapists in the state of Delaware. We work hard to maintain fidelity and hope our efforts in doing so may help others in the pursuit of their *lives worth living*.

### What Is DBT-Foundational Skills Training (DBT-FST)?

The DBT-FST Program offers the DBT skills group portion of comprehensive DBT (which includes individual therapy and 24/7 phone coaching). DBT skills only groups have their own evidence base and is aimed at increasing effective behavior and taming out of control emotions. It is our hope that these skills might help improve your life greatly and reduce the hell you may feel you're in.

*The skills to be learned are broken down in to four modules taught over the course of 6 months:*

DBT Skills Modules	Module Goals
Mindfulness	To reduce suffering, increase happiness, and increase control of the mind.
Distress Tolerance	To survive crisis situations, accept reality, and become free.
Emotion Regulation	To understand and identify emotions, change unwanted emotions, and reduce vulnerability to emotions.
Interpersonal Effectiveness	To effectively get what you want, build and maintain relationships, and increase self-respect.

### Who is Eligible for DBT-FST?

This program, in part, was developed to help with a long waiting list for our comprehensive DBT program. Clients who are on our waiting list are invited to try out this program and dive into the skills sooner. You may discover this is all you need.

- This group consists of **two 1-hour groups per week** (must attend both)
- You must have a primary treatment provider you see regularly who is in support of this program for you (e.g. doctor, therapist, case manager, etc.)
- This group is currently only for adults

***If DBT-FST is not enough, you will not lose your place on our waiting list for comprehensive DBT and can transfer to that program once available.***

### How can I schedule an appointment?

Call 302-888-2233 or apply online at [www.ebrightcollaborative.com/apply](http://www.ebrightcollaborative.com/apply).

**Insurance and Fees.** We currently accept Highmark BC/BS, Aetna, and Amerihealth Caritas. For more information on insurance and fees, visit [www.ebrightcollaborative.com/insurance](http://www.ebrightcollaborative.com/insurance).

