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### Who Are We?

Since 2013, The Ebright Collaborative, LLC is the only outpatient practice in Delaware that offers *Comprehensive 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 to this life changing treatment and hope our efforts in doing so may help others in the pursuit of their *lives worth living*.

### What Is DBT?

Dialectical Behavior Therapy is an evidence-based treatment designed to treat complex behavioral and emotional concerns, specifically suicidal thoughts, urges, behavior, and non-suicidal self-injury. The National Institutes of Health, the American Psychological Association, and others consider it the gold-standard treatment for Borderline Personality Disorder and emotion dysregulation. In 2011, DBT was cited as one of the 100 most important modern scientific discoveries by Time Magazine.

Comprehensive DBT lasts 6 -12 months and involves four simultaneous modes of treatment:

Standard DBT Mode	Primary Function
Weekly 2 hour skills group	To teach clients Emotion Regulation, Interpersonal Effectiveness, Distress Tolerance, and Mindfulness skills
Weekly 1 hour individual therapy	To motivate clients to use skills, stay with the treatment, and structure their environment to work for them
24/7 phone coaching as needed	To assist clients in using skills in their everyday life
Weekly 1.5 hour Consultation Team	For clinicians to support each other, increase skillfulness, and maintain motivation to provide high quality therapy

### Who Are Our Clients?

Our clients are as diverse as our community and meet at least one of the following criteria:

- Suicide attempt, suicidal thoughts, or self-injury in the last year
- Diagnosis of Borderline Personality Disorder
- Significant difficulties in Emotion Regulation (e.g. issues with high anxiety, PTSD, ADHD, addiction, eating, bipolar, depression, and other severe problems in work, school, or relationships)
- Currently, we are only accepting clients 16 years and older.

***If you are interested in our program, we invite you to contact us to learn more.***

### 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 Blue Cross Blue Shield commercial plans and Amerihealth Caritas. For more information on insurance and fees, visit [www.ebrightcollaborative.com/insurance](http://www.ebrightcollaborative.com/insurance).

