



# ONE-YEAR COMPREHENSIVE DBT FOR ADULTS

## One-year program to cover all that DBT has to offer

### WHAT IS IT?

It is the original model of DBT that combines 4 modes of therapy: a) individual therapy, b) group skills training, c) phone coaching, and d) Therapists' consultation. The first 3 modes are directly for you and your therapist(s) to work on; while the fourth is for the therapists to improve their motivations and skills to work with you. DBT Tokyo modified the original 6-month model to a 12-month model so that the program is affordable and more relevant to the clients' needs in Tokyo. A team of therapists will be working with a group of you. Your skills trainer and individual therapist might be different.

### WHO IS THIS FOR?

It is for adults (22 years old and older) who are struggling with volatile emotional outbursts, self-harm, suicidal ideation, risky behaviors, binge eating / starving, unstable interpersonal relationships, depression, and dissociation; who would benefit from weekly session with a therapist. If you are under a psychiatrist's treatment, you would need an authorization from the doctor to attend the program.

### HOW MANY SESSIONS ARE THERE?

There are 21 biweekly skills training sessions, 12 or 24 individual sessions (of your choice) and phone coaching in between.

### HOW OFTEN DO I HAVE TO ATTEND?

During the course of the program, you will be seeing either individual therapist or skills trainer at least 3 out of 4 weeks every month. You will have chances to either call or text your individual therapist when you can use a short skills coaching.

Skills training is every other week on the same day at the same time. Please check for availabilities. Each session is 2 hours. You will have an individual therapy in one of the weeks that you do not have skills training.

### WHAT ARE THE 4 MODES?

**Individual therapy:** It is like a therapy that you would imagine. You can talk about events in your life and your reactions to them. At the same time, you can ask questions that you could not raise during the skills training – for example how to use a particular skill in your very specific situation.

**Group skills training:** It is a biweekly training with your peers. DBT is a behavior therapy: i.e. you will learn different sets of skills that you might not have tried before. We understand that you are doing the best you can already, but at the same time, we believe that you can use some of the new skills in various instances of your life.

**Phone coaching:** We want you to use the new skills in the most opportune way. In the beginning, even with your knowledge and intention, they might not come available to you in the moment that you need them most. You can then call your individual therapist, who will, in turn, rehearse the skills with you.

**Therapists' consultation:** DBT is a demanding therapy for therapists, too. To support you most effectively, therapists meet every week to improve our practice. This is our commitment to make DBT work for you.

#### WHAT ARE THE 4 MODULES OF SKILLS TRAINING?

**Core Mindfulness:** Core mindfulness helps individuals to be aware of their feelings, thoughts, and urges as well as their connection to the world in the present moment.

**Interpersonal Effectiveness:** Interpersonal skills are extremely important to balance getting what you want in life, maintaining important relationships, and reserving self-respect.

**Distress Tolerance:** Distress Tolerance helps you enhance adaptive strategies to cope with crises so as not to make the situations worse than they already are.

**Emotion Regulation:** Emotion is a full system response to a stimulus. Understanding your own emotions from all angles is the first step to regulate them in your favor.

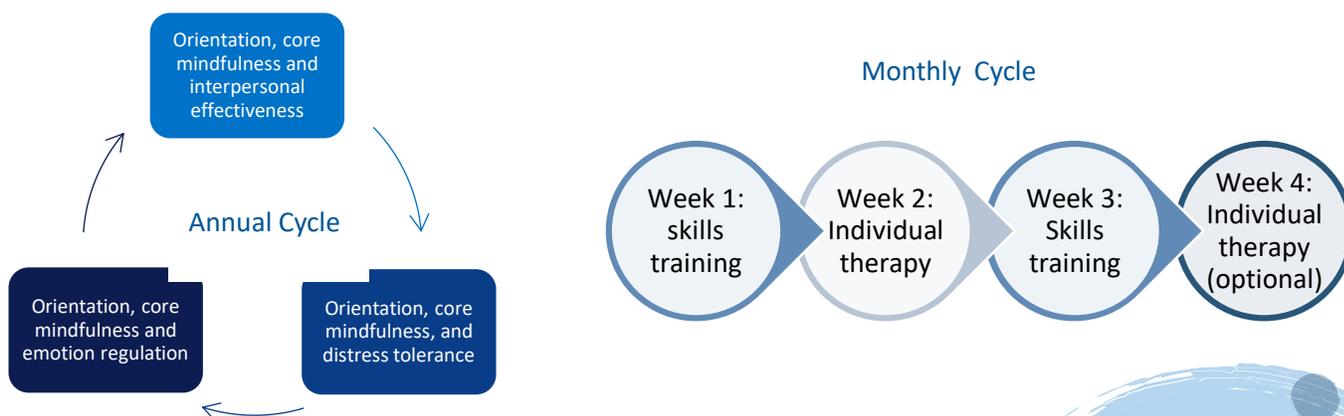
#### HOW IS IT ORGANIZED?

Skills trainings are grouped into 3 courses.

Each of 7-session training course consists of an orientation session, 2 core mindfulness sessions and 4 sessions on either Interpersonal Effectiveness, Distress Tolerance, or Emotion Regulation.

Assessment and commitment session (75 minutes) is required to join the course. After the assessment, you can start from any of the 3 courses depending on the openings. Once the course starts, it will remain closed for the new participant. Between the courses, there will be 1-2-week break, during which the assessment and commitment session for new group member can take place.

On the monthly basis, there will be approximately 2 skills trainings and 1 or 2 individual therapies. Once you start, you are to stay for the full duration of the program.



#### HOW MUCH DOES IT COST?

210,000 yen for skills trainings, plus 10,000-yen x number of individual sessions of your choice (Both are subject to tax.) Phone coaching is free of charge for participants who commit for the comprehensive DBT.

#### HOW CAN I LEARN MORE?

Please use the contact form on our website: [www.dbttokyo.com](http://www.dbttokyo.com)