

## ABOUT US

We are a collaborative of independently practicing, intensively-trained DBT clinicians offering **one of the only comprehensive DBT programs in Maine.**

For information or referrals, please contact:

Barbara Rachel, LCSW

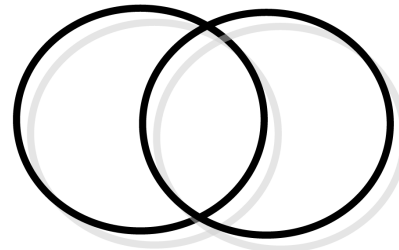
Kimball Health Center

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[www.themainedbtcenter.com](http://www.themainedbtcenter.com)

Based on the program developed by  
Marsha M. Linehan, Ph.D.,  
University of Washington, Seattle, WA

***Do you have problems controlling your emotions? Would you describe yourself as moody? Do you find that you get angry very quickly?***

***Do you feel that your relationships are out of control?***

***Do you frequently worry about being abandoned, disconnected with other people?***

***Do you find that what you do depends totally on your mood? Do you have trouble with any of these behaviors: suicide attempts, self-injurious acts, alcohol or drug abuse, over- or under-eating?***

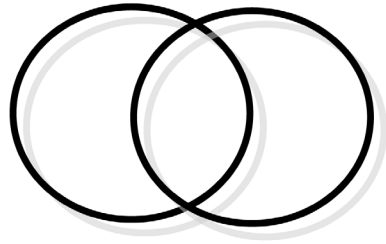
***Do you have trouble knowing who you are? Do you feel empty inside?***

# THE MAINE DBT CENTER

**Dialectical  
Behavior  
Therapy**

[www.themainedbtcenter.com](http://www.themainedbtcenter.com)

## IS DBT FOR YOU?



### A Guide for Clients and Health Care Providers

Based on the Marsha Linehan evidence-based model of Dialectical Behavior Therapy (DBT), the program focuses on capability enhancement for individuals whose difficulties stem from an inability to modulate emotions. DBT is a cognitive-behavioral, skills-based treatment designed for clients diagnosed with Borderline Personality Disorder, however, it is effective with many other diagnoses whose symptoms may cause mood instability.

DBT teaches problem-solving and self-management skills. Specific curriculum includes:

- ❖ **Mindfulness skills**
- ❖ **Emotion regulation skills**
- ❖ **Interpersonal effectiveness skills**
- ❖ **Distress tolerance skills**

DBT is a comprehensive treatment program. It involves:

- **Individual psychotherapy**
- **Group skills training**
- **Telephone skills coaching**

The individual therapy usually occurs weekly. The skills training group meets weekly for 2 hours. In order to participate in the program, you need to commit to attending both individual therapy with a DBT-trained clinician and the skills training group each week.

### *Daytime and evening groups available for adults and adolescents.*

*If you are interested in being considered for participation in the DBT program, or if you have a client to refer, please contact us by phone or email.*

*"Thanks to the skills learned in DBT, I have been able to get off the couch, get off medication, and get on with building a better way of life for myself. I have learned how to be better able to take each day, being mindful of only what is important in any given moment. Going forward, I will continue to use my wise mind in situations of distress and interpersonal relations, especially."*

-L.B.

### Training Opportunities

Our intensively trained clinicians have provided in house trainings for staff at agencies in Southern Maine as well as for APS Healthcare. We can work with residential staff, case managers, clinicians and others to learn the skills necessary to become proficient and add this valuable and effective modality to their expertise.

Please contact Debbie Papps, LCSW at 207-807-3112 or [debppaps@gmail.com](mailto:debppaps@gmail.com) to discuss your training needs.

Note: our workshops can provide basics but do not replace the official training offered by The Linehan Institute and Behavioral Tech.