

GROUP

Participants in DBT attend a weekly skills training group targeted toward learning new ways to deal with common life challenges.

They learn and practice coping skills to improve emotion regulation, increase ability to manage stressors, enhance awareness of the present moment and increase the likelihood of having positive interactions with others.

INDIVIDUAL THERAPY

Participants in DBT also participate in weekly individual therapy sessions that assist them in:

- identifying patterns of behavior that lead to dissatisfaction with life.
- changing self-harmful behaviors and behaviors that interfere with having a life that they enjoy.
- keeping participants motivated as they work toward their goals.

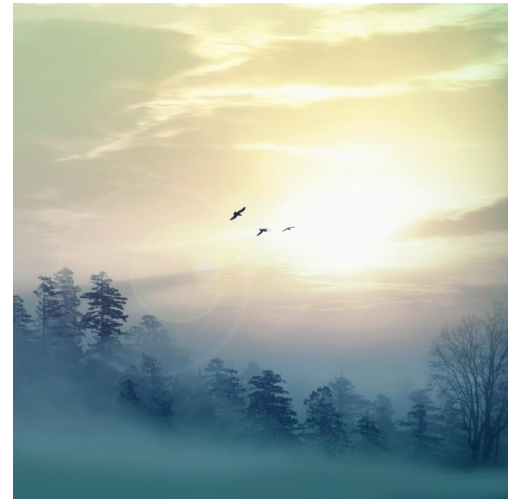


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Dialectical Behavioral Therapy (DBT)

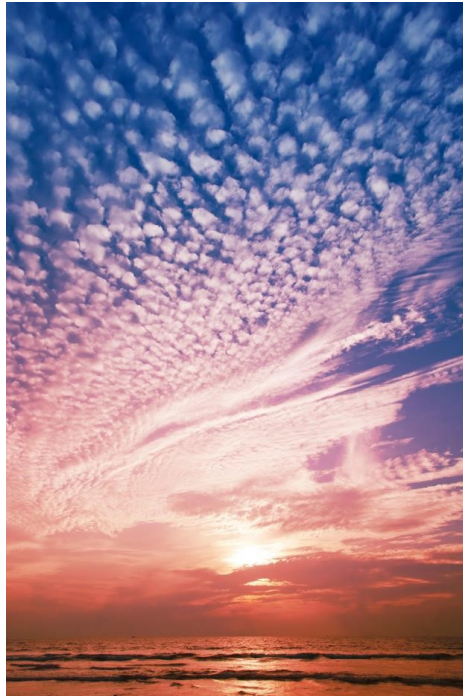
Recovery Technology's Dialectical Behavior Therapy program is designed to help individuals with Borderline Personality Disorder build a life worth living.



DBT includes:

- **Assessment and treatment planning to enable optimum functioning**
- **Individual and group treatment interventions**
- **Emotion regulation and symptom management**
- **Interventions to decrease readmission to inpatient care**
- **Coordination of mental health and medical health care**
- **Interventions to promote health**

If you are interested in finding out more about DBT, please call 517-780-3336



The Mission of Recovery Technology is:

To make a positive difference in the lives of the people we support

The Recovery Technology Vision is:

Being committed to helping people achieve their passions

Our Core Values are:

Treat people the way we would want our loved ones to be treated

Practice the skills we advocate

Above all else, do no harm

Always take the high road

Accountability

Compassion

Credibility

Honest