

Dialectical Behavior Therapy Intensive Outpatient Program

Dialectical Behavior Therapy Intensive Outpatient Program (DBT-IOP) at Porter Adventist Hospital's outpatient center is designed for adults 19 and older, who are stepping down from an acute hospitalization or as a step up to a higher level of care from outpatient providers. The DBT-IOP addresses the needs of participants who would benefit from a skill-based and highly structured group. DBT is most effective with clients who have **not** responded well to traditional outpatient therapy. Skills are taught in the areas of:

- **Mindfulness:** Increasing presence and self-awareness across situations.
- **Distress Tolerance:** Learning how to survive a difficult situation without making it worse.
- **Emotional Regulation:** Teaching skills that help client understand and experience their feelings in a less overwhelming way.
- **Interpersonal Effectiveness:** Helping client strengthen both personal and professional relationships and gain insight into their relational patterns and set healthy boundaries.

Who Benefits from DBT?

- Individuals who continue to experience high levels of chaos, emotional turmoil, or crisis situations which result in frequent hospitalizations or emergency room visits.
- Individuals who are self-harming and/or have chronic suicidal ideation.
- Individuals with multiple, complex psychiatric disorders.

Information

- The DBT Program requires participants to have an outpatient individual therapist as this is the treatment model of DBT to receive clinical benefit. If a potential participant does not have an individual therapist, referrals may be provided.
- Individuals must be compliant and stable on their medication regimen, if applicable, before beginning DBT.

Program Schedule

The length of the program is six weeks and clients are required to attend all three evenings.

- Monday between 5:45-8:45PM
- Wednesday between 5:45-8:45PM
- Thursday between 5:45-8:45PM

Insurance and Managed Care

Porter Adventist Hospital has a contract with most major insurance providers and managed care companies, including Medicare. Our staff will work with you to determine what benefits you have available.

Staff

The DBT Team consists of Licensed Clinical Social Workers (LCSW) and/or Licensed Professional Counselors (LPC). Each clinician has completed the Foundational Training Course in DBT through Behavioral Tech, LLC or DBTNCAA.

Referrals

To schedule an intake appointment or for general inquiries, please call the front desk at 303-778-5774.

Behavioral Health Services
Porter Adventist Hospital



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