

DBT-ACES

Dialectical Behavioral Therapy – Accepting the Challenges of Exiting the System

Target Population: Clients who have completed two cycles (one year) of Standard Dialectical Behavioral Therapy skills class AND:

Are still struggling to find their life worth living

-or-

Are seeking a greater understanding or practice of DBT skills and concepts of behavioral change

Goals of DBT-ACES: Clients will push ahead with new goals to help them create a support network, acquire employment that is in line with their values and needs, experience their emotions and are able to demonstrate mastery of standard DBT skills. At completion of DBT-ACES, the client will be finished with standard weekly therapy or will seek a specific treatment (ie: exposure therapy). It is recognized that continuing with standard weekly therapy keeps the client dependent on the mental health system thus reinforcing their identity of mental illness.

Format: One year of weekly skills class, covering 12, 4-week modules

Where: DBT© Center at Compass Point

Cost: Accepts most insurance and private pay options

Additional Requirements: The client will need to continue with an individual therapist and continue using a diary card. If the therapist is unfamiliar with the DBT-ACES protocol, an overview will be provided. As mentioned above, a goal is to reduce dependence on the mental health system; as time progresses the standard rules of phone coaching will change and frequency of appointments should decrease. The client must be free of suicidal and self-harming behavior for at least 3 months prior to beginning DBT-ACES.



For more information please contact Alyx Beresford at Compass Point Counseling Center (513) 939-0300

DBT-ACES was formulated at Harborview Medical Center and appropriate permissions to utilize material have been obtained