



## The Treatment of Choice

Established in 1993 by Marsha Linehan, Ph.D., DBT consistently has been shown in clinical research studies to:

- Decrease impulsivity
- Improve ability to manage emotions and emotional crises
- Improve interpersonal relationships
- Decrease self-destructive and self-defeating behaviors
- Reduce hospitalizations

Many people who benefit from DBT engage in self-destructive or high-risk behaviors; feel they are highly sensitive or reactive; have difficulties with relationships, school or work and are impulsive. Individuals may find it difficult to manage their emotions, feel misunderstood and may have difficulty getting their needs met.

## A Team Approach

In order to provide all the required components of standard DBT, a DBT therapist must be part of a consultation team that meets weekly. The South Florida DBT Network is comprised of three highly trained, experienced licensed psychologists. **Drs. Henah Gupta, Michelle Greenberg, Sara A. Hosn and Celine Paillot** who have all been intensively trained by Behavioral Tech and rigorously adhere to the standard model outlined by Marsha Linehan. The team has extensive training and expertise in suicidal and self-injurious behaviors, personality disorders, eating disorders, trauma, substance use, and mood disorders. The South Florida DBT Network also collaborates closely with psychiatrists and other professionals involved in patients' care. We also provide other group therapy services at our practice.

For more information please visit [www.soflodbtnetwork.com](http://www.soflodbtnetwork.com).

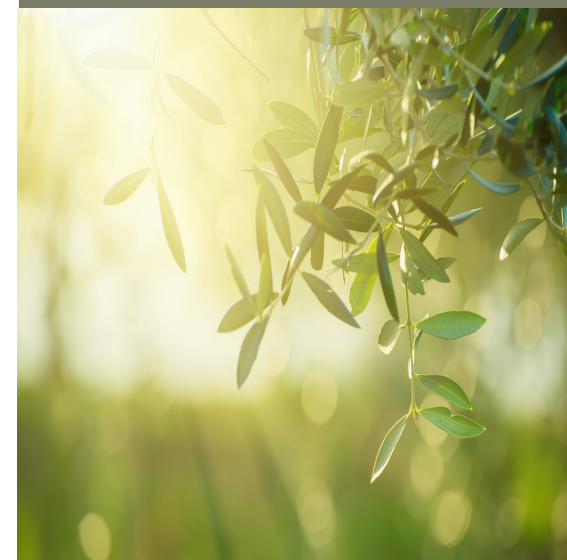


**South Florida DBT Network**  
7700 West Camino Real, Suite 402  
Boca Raton, FL 33433

## South Florida DBT Network

A Comprehensive  
Dialectical Behavior Therapy  
Program for Adolescents  
and Adults

Henah Gupta, Ph.D., C.E.D.S.  
Michelle Greenberg, Ph.D.  
Sara A. Hosn, Psy.D., ABPP  
Celine Paillot, Ph.D., ABPP



# Build A Life Worth Living.

Overwhelming distress, feeling out of control of one's emotions, and behaviors such as substance abuse, self-injury, eating disorders, and rageful outbursts make it incredibly difficult to function normally and live a life that feels meaningful.

Dialectical Behavior Therapy (DBT) combines Cognitive Behavioral Therapy (CBT) strategies with mindfulness practice and helps people build "a life worth living."

DBT helps clients understand the factors that lead to and maintain self-defeating behaviors and teaches them to experience and express emotions, tolerate distress, improve interpersonal functioning, and increase attentional control.



## Standard DBT consists of four components:

- **DBT Skills Training Group:** Patients attend a weekly instructional group. The skills curriculum takes about 6 months to complete. Homework is assigned weekly. Four skills modules are covered: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance. South Florida DBT Network offers both daytime and evening skills groups.
- **Weekly Individual DBT Therapy:** DBT patients attend weekly individual sessions. In these meetings, patients identify goals, target specific behaviors to change, and keep a diary card for tracking emotions, behaviors, and skills use.

## A Comprehensive Treatment Model Provided by Experts.

- **Telephone Coaching:** Patients are encouraged to call for skills-oriented coaching when they are having difficulty using skills. South Florida DBT Network therapists are available for coaching as needed.
- **Consultation Team:** It is crucial that DBT therapists meet weekly as a team for supervision and consultation in order to provide effective treatment to patients in the program. DBT without therapist participation in a consultation team is not adherent to the treatment model.

### ADOLESCENT DBT PROGRAM

The adolescent DBT program teaches the same concepts and skills as the adult program, although the curriculum is modified to meet the need of adolescents and their parents. Similar to the adult program, adolescents attend individual and group sessions and call their therapist for telephone coaching. The program also offers a 14-week parent skills training class, and individual parent guidance sessions are scheduled as needed.