

About MHS

Since 2002, MHS has offered the most comprehensive, evidence-based, Dialectical Behavior Therapy (DBT) services in Minnesota. In addition, MHS offers an intensive outpatient Cognitive Behavioral Therapy (CBT) program and specialty intensive outpatient programs (IOP) for addictions, chronic pain, and for people diagnosed with chronic health conditions.

In addition to providing intensive DBT and Behavioral Health Services, MHS is an American Psychological Association (APA) accredited training site and also an accredited provider of continuing education for mental health providers.

MHS is owned by Dr. Mark Carlson and Dr. Lane Pederson. Dr. Carlson is the author of CBT for Chronic Pain and Psychological Well-Being and CBT for Psychological Well-being in Cancer and a nationally recognized DBT trainer and consultant. Dr. Pederson has trained over 12,000 professionals in DBT across the US, Canada, and Mexico, as well as in Australia, South Africa, and the Middle East. Dr. Pederson has provided training for notable organizations such as Walter Reed National Military Hospital, the US Navy, the Canadian Department of Defense, and the Federal Bureau of Prisons. He is the author of several DBT books including the award-winning The Expanded Dialectical Behavior Therapy Skills Training Manual.

MHS has clinic locations in Edina, Woodbury, Plymouth, and Roseville.



Visit mhs-dbt.com for information or call **952.835.2002** today to make a referral.

Referrals and Intake Assessments

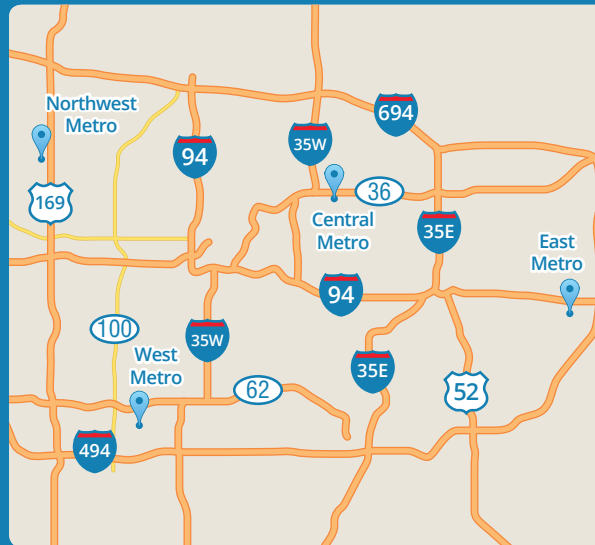
Call **952.835.2002** to schedule an intake assessment at any of our clinic locations.

Most intake assessments can be scheduled within two weeks. If appropriate for treatment, most clients will receive an immediate start date at the time of assessment.

MHS is in network with most major insurance companies.

Call Today 952.835.2002 | Fax 651.383.4935

Clinic Locations



West Metro

6600 France Ave South
Suite 230
Edina MN, 55435
P: 952.835.2002

Northwest Metro

9800 Rockford Road
Suite 100
Plymouth, MN 55442
P: 763.416.0915

Central Metro

1700 Highway 36 West
Suite 130
Roseville, MN 55113
P: 651.633.0888

East Metro

6063 Hudson Road
Suite 200
Woodbury, MN 55125
P: 651.714.9437



Evidence-Based Dialectical Behavior
Therapy and Specialty Intensive
Outpatient Behavioral Health Services

mhs-dbt.com | 952.835.2002

Intensive Outpatient DBT Programs

MHS recognizes that one size does not fit all, which is why we offer DBT Programs for different levels of care and for specialized populations. MHS programs help clients learn and apply skills needed for emotion regulation and distress tolerance in order to manage symptoms, improve functioning, and enhance relationships.

DBT Programs for Adults

- **Intensive Outpatient (IOP) DBT:** Serves clients with significant safety issues and frequent hospitalizations who need multiple points of therapeutic contact weekly. IOP DBT works with existing individual therapists and care providers in the community.
- **State-Certified DBT:** Serves clients who benefit from DBT care all under a singular in-house team of therapists and skills trainers.
- **One Day Weekly DBT:** Serves clients who do not have active safety concerns yet need more support than individual therapy alone. Like IOP DBT, this program works with existing therapists and care providers.
- **IOP DBT for Dual Disorders:** Serves clients with co-occurring mental and substance use disorders.
- **IOP Horizons DBT:** Serves clients with developmental disabilities and learning challenges.
- **One Day Weekly DBT for Health Care Professionals (HCP DBT):** Serves clients employed as health care professionals who struggle with mental health issues and occupational stress.



DBT Programs for Adolescents

- **Adolescent DBT:** Serves adolescents aged 15-18. Meets twice weekly and works with existing individual therapists and care providers.
- **Early Adolescent DBT:** Serves adolescents aged 12-14. Meets twice weekly with an integrated parent component once weekly. Works with existing individual therapists and care providers.

Intensive Outpatient CBT Program

- **The IOP CBT Program:** Serves clients whose automatic thoughts and core belief systems impact their moods, relationships, and daily functioning. IOP CBT works with existing individual therapists and care providers in the community.



Intensive Outpatient Behavioral Health Programs

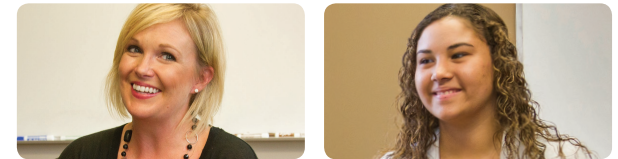
- **Thrive for Mental Health and Chronic Pain Management:** Serves clients with co-occurring mental health disorders and chronic pain to effectively manage symptoms, improve functioning, and create fuller and more satisfying lives.
- **Thrive for Psychological Well-Being and Cancer:** Serves clients diagnosed with cancer and co-occurring mental health disorders to increase functioning, foster well-being, and improve quality of life while enhancing relationships with providers and compliance with treatment routines.



Individual Therapy and Assessment Services

Individual therapy at MHS supports progress in our various programs or is offered as a stand-alone service. Therapy is available from a variety of evidence-based orientations.

MHS also provides psychological assessment and testing services. Visit mhs-dbt.com for more information.



Coordination of Care

MHS actively collaborates with individual therapists, case managers, psychiatrists, physicians, and other members of clients' treatment teams to ensure clients receive the highest level of comprehensive mental health services that meet their individual needs. Most programs at MHS are designed to work with clients' existing individual therapists and other care providers.

Seminars and Training at MHS

MHS sponsors continuing education (CE) seminars for professionals at our MHS Education Center in Edina. Visit mhs-dbt.com to register for upcoming seminars.

In addition, MHS is accredited by the American Psychological Association (APA) to provide training to doctoral interns, and MHS provides numerous practicum opportunities for students of social work, counseling, and psychology.



Visit [MHS-DBT.com](https://mhs-dbt.com) for more program information.

Call **952.835.2002** today to schedule an intake assessment.