

DBT For Adults

State Certified (Adherent) DBT:

- Weekly 2.5 hour group
- Diary card, skills teaching, and homework
- Weekly individual therapy session with group therapist (internal individual therapist required)
- Phone coaching offered

3-Day DBT:

- 3 hours per day, 3 days per week
- M/T/Th (9am-12pm, 1pm-4pm, or 4:30-7:30; times vary by location)
- Skills teaching, diary card, skills application hour

1-Day DBT:

- 3 hours per day, one evening per week
- M/T/W evenings (4:30 pm or later depending on location)
- Skills teaching, diary card, skills application hour

Waypoint - DBT for Mental Health and Substance Use:

- 3 hours per day, 3 days per week
- 9am-12pm or 1pm-4pm (days of week vary by locations)
- Skills teaching, diary card, skills application hour
- DBT skills focus for mental health and chemical dependency

Boost - DBT for Healthcare Providers:

- 3 hours per day, one evening per week
- Wednesdays 4:30-7:30 pm (days of week subject to change)
- Skills teaching, diary card, skills application hour
- Limited to individuals working in health care (doctors, nurses, social workers, therapists, etc.)
- Virtual only

Horizons - DBT for Individuals with Developmental Impairments:

- 3 hours per day, 3 days per week
- Skills teaching, diary card, skills application hour
- DBT skills simplified

Roots - DBT for Perinatal:

- 3 hours per day, 2 days per week
- Mondays and Wednesdays, 9am-12pm
- Skills teaching, diary card, skills application hour
- Location: virtual

RISE - DBT for Trauma:

- 3 hours per day, 2 days per week
- Mondays and Wednesdays, 9am-12pm
- Skills teaching, diary card, skills application hour
- Location: Plymouth and virtual

Locations: Apple Valley - Edina - Plymouth - Roseville - Woodbury - Virtu-Clinic



Adult Specialty Programs

Vision of Wellness - Treatment for Psychotic Disorders

- 3 hours per day, 2 days per week (T/Th, 9am-12pm)
- Illness management recovery model with some DBT skills teachings
- Not intended for first episode psychosis



Adolescent DBT Programs

Early Adolescent DBT (ages 12-14):

- 1.5 hours, 2 days per week (M/W or T/Th, 4:30-6pm)
- Skills teaching, daily log, and skills application
- Required parent/caregiver session on non-adolescent night (75 minutes weekly; Virtual)

Adolescent DBT (ages 14-18)

- 2 hours, 2 days per week (M/W or T/Th, 4:30-6:30pm)
- Skills teaching, diary card, and skills application
- Optional monthly parent/caregiver education night (Virtual)

Adolescent Waypoint - DBT for Mental Health and Chemical Dependency:

- 2 hours, 2 days per week (M/W, 3:00-5:00 pm in Plymouth)
- Skills teaching, diary card, and skills application

Locations: Apple Valley - Edina - Plymouth - Roseville - Woodbury - Virtu Clinic

