



State Certified Adherent DBT IOP

Our State Certified Adherent DBT Intense Outpatient Program is designed for adults (18+) who have a diagnosed mental health disorder and are seeking structured, intensive support. This program is ideal for individuals who struggle with impulsivity, emotional regulation, or challenges applying healthy coping strategies in daily life. Clients who may benefit most are those who need a strong emphasis on learning, practicing, and integrating DBT skills into real-world situations.

Participants in Adherent DBT receive a comprehensive treatment experience that goes beyond traditional therapy. The program offers weekly individual therapy sessions, skills group focused on building practical coping strategies, and 24-hour access to a skills coaching line for real-time support when challenges arise.



Clients gain the tools to manage overwhelming emotions, improve relationships, and create meaningful, lasting change. With a balance of accountability, encouragement, and skill development, Adherent DBT provides the structured support many adults need to build a more stable and fulfilling life.

Insurance Plans

We accept most major insurance plans. We verify coverage prior to your first appointment so there are no surprises.

Other Adult DBT Programs

In addition to State-Certified Adherent DBT, we also offer 1-Day and 3-Day DBT programs for adults. Our staff can help properly place individuals during their intake.

State Certified Adherent DBT IOP:

- Once a week group session (days and times vary by location)
- Individual therapy session
- 24/7 phone support as needed
- Location: In-person or Virtu-Clinic options
- Skills teaching, diary card, and skills application hour

Immediate Openings Available!

[Call now to schedule an intake](#)



VISIT mhs-dbt.com or scan the QR code to learn more about our programs. Call 952-299-6800 to schedule an intake assessment.

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

Prioritize your needs today!



Dialectical Behavior Therapy (DBT)

What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy.

DBT is structured as a skills-based, intensive outpatient program that integrates elements of cognitive-behavioral therapy (CBT) with concepts of mindfulness and acceptance.

DBT aims to empower individuals to better manage their emotions, tolerate distress, improve relationships, and ultimately lead more fulfilling lives.

What is Taught in DBT?

DBT consists of teaching and generalizing skill use in 4 main modules, each targeting different aspects of emotion regulation and interpersonal effectiveness:

- 1 Mindfulness: Helps stay focused on the present, managing emotional reactions and coping with challenges effectively.
- 2 Distress Tolerance: Provides tools to manage crises and intense emotions without worsening symptoms.
- 3 Emotion Regulation: Aims to build emotional resilience by recognizing patterns and creating healthy routines.
- 4 Interpersonal Effectiveness: Teaches skills to help improve quality of relationships by focusing on communication, boundary setting, and self-worth.

DBT Skills
Card

