



# THRIVE

DBT for Chronic Pain

## Real Skills. Real Relief. Real Life.

The DBT for Chronic Pain Program at Mental Health Systems (MHS) is an innovative, skills-based treatment designed for individuals navigating the challenges of chronic pain alongside emotional distress. Grounded in Dialectical Behavior Therapy (DBT), this program addresses the complex interplay between physical discomfort and mental health symptoms like anxiety, depression, and trauma.

Get the relief you need - and deserve



Rather than offering vague promises of eliminating pain, our program empowers participants with practical, evidence-based DBT skills to regulate emotions, manage stress, respond to pain mindfully, and rebuild life satisfaction. By shifting the focus from what can't be controlled to what can, clients learn to reclaim their lives—even when pain persists.

### Why DBT for Chronic Pain?

Chronic pain often fuels emotional dysregulation—and vice versa. DBT provides the tools to interrupt this cycle and build resilience. With DBT, you can expect validation and support as well as practical tools to approach pain differently.

### Insurance and Accessibility

MHS accepts most major insurance plans and many State-funded plans. At MHS, we verify coverage prior to your first appointment, so there are no surprises.

### Thrive: DBT for Chronic Pain

- Twice per week, 3 hours per session (M/Th, 9am -12pm)
- Skills teaching, diary card, and skills application hour
- Location: Virtu-Clinic
- More locations and times coming soon!

Call now to schedule an intake



VISIT [mhs-dbt.com](https://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

