



Adult DBT Programs

Adult Dialectical Behavior Therapy

At MHS, we offer DBT programming tailored to our clients. Our Intensive Outpatient DBT programs provide daily programming with the frequency ranging from one day per week at the lower level of care to three days per week at the higher level of care.

State-Certified Adherent DBT IOP

Our State-Certified Adherent DBT Intense Outpatient Program is ideal for adults who are seeking structured, intensive, skills-based support.

- Once per week group session, 2.5 hours per session (plus IT). 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 individual skills application hour



3-Day Adult DBT (Day Treatment/MH IOP)

Our 3-Day DBT program is ideal for adults who need intensive skills-based support.

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

1-Day Adult DBT

Our 1-Day DBT program is ideal for adults who need skills support at a lower level of care than our 3-day program offers.

- 3 hours per day, one day per week
- Days and times vary by location, with evening availability at all locations.
- Skills teaching, diary card, and skills application hour

Which Program Is the Best Fit?

During intake, our clinicians will determine the appropriate level of care for each individual.

Insurance Plans

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

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



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.

