



Horizons

DBT for Individuals with
Intellectual Disabilities

Expand Your Potential

The horizon is where the earth meets the sky. Our Horizons program is where adults with intellectual difficulties can gain the skills and confidence to enhance their daily lives. Horizons is an intensive Dialectical Behavior Therapy (DBT) teaching basic level skills in a group setting that meets the client where they are.

It is a flexible model of learning that is tailored directly to the needs of the individual.

New life skills come together



Connect on a New Level

The Horizons program is suitable for adults with mild cognitive or intellectual disabilities. It is not intended for clients with needs focused on anger management, traumatic brain injury treatment, or moderate to severe intellectual disabilities.

Horizons is designed to equip individuals with practical skills that expand their possibilities and promote personal growth.

Horizons Program

- 3 hours per day, 3 days per week
- Skills teaching, diary card, skills application hour
- Location: Edina

Call now to schedule an intake



mhs
Specialized DBT & Trauma Treatment

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





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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.



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