ROOTS

DBT for Perinatal Health

The Perinatal DBT program is for individuals who are pregnant or who have given birth in the last two years, and experienced either an onset of mental health symptoms related to the pregnancy OR a worsening of existing mental health symptoms related to pregnancy.

The program teaches DBT skills to help clients manage mental health symptoms that are connected to pregnancy, and offers an opportunity to connect with other clients who are navigating perinatal mental health symptoms.

While mood disorders can impact people at any time during their lives, there is an increased risk during the perinatal period and symptoms can have a unique presentation.

Untreated perinatal mood disorders can lead to:

- Increased relationship problems
- Poor adherence to medical care and an exacerbation of medical conditions
- Loss of interpersonal and financial resources
- Disability/unemployment
- Child neglect and abuse
- Developmental delays and behavioral problems
- Increased tobacco, alcohol, and drug use
- In extreme cases, infanticide, homicide, and suicide.

Perinatal DBT:

- Meets 2 days a week (days and times vary)
- Location: Virtu-Clinic
- Skills teaching, diary card, and skills application hour

Call now to schedule an intake

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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

ROOTS

DBT for Perinatal Health

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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