

DBT Group at GHC-SCW

Dialectical Behavior Therapy

Managing emotions is hard to do, and we all experience an array of overwhelming feelings in our day-to-day lives. Dialectical Behavior Therapy (DBT) is an approach that can be used to recognize and sit with overwhelming emotions, making them much more manageable. By learning to control reactions, you will gain the ability to have better control of your own life. The purpose of this group is to help adults successfully manage stressful situations and emotions. Over the 14 weeks of the group, you will learn and practice specific tools and exercises that, when feeling overwhelmed emotionally, will help you understand what to do and how to do it. **Space is limited, and commitment to weekly attendance is required.**

When: Tuesdays from 5:30-7:00 p.m.

Where: GHCMYChartSM - This program is virtual, which allows you the convenience to meet from the comfort of your own home!

Facilitator: Kristine Schmitt, LPC

Cost: This group is generally covered by insurance. Some benefit plans may require a co-payment, deductible, or co-insurance. For benefits questions, please call Member Services at **(608) 828-4853** or toll free at **(800) 608-4327**.

Registration: For patients who would like more information on the DBT Group, please contact Kristine, at **(608)441-3290**, and ask for a DBT prescreening call. Kristine will provide you with more information via MyChart. For **GHC-SCW providers** who would like to refer to this group, please send a staff message to Kristine Schmitt.

Eligibility

You must meet the following requirements to be eligible:

1. Currently seeing a GHC-SCW Behavioral Health provider
2. Age 18 or older and out of high school
3. No hospitalizations within the past 90 days
4. Have access to GHCMYChartSM and be available virtually

Create the life you want!

TOGETHER, BETTER IS POSSIBLE

Group Health Cooperative of South Central Wisconsin (GHC-SCW)
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