

Referral Options

- Self referral
- Psychiatrist
- Family Doctor
- Psychologist
- Mental Health Professional
- Social Worker

Hours of Operation

Individual appointments are available Monday through Saturday, including evenings.

Group sessions are held in the late afternoon or evenings.

Appointments are made directly with your individual therapist.

Please note, client pays fees for professional services, and receipts will be issued. Clients can submit these receipts to their own health insurance benefit provider or can be used as a medical expense on income taxes.

Please visit innersolutions.ca for details on current DBT-A program fees and dates.

Dialectical Behavioural Therapy for Adolescents

DBT-A: for adolescents suffering with Emotional Dysregulation

Ages Served:
14 – 17 years

(exceptions may be considered)

Contact Us

Inner Solutions™

Sloane Square (East of Chinook Mall)

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Main: (403) 301-3399

Fax: (403) 208-1726

Online: <http://innersolutions.ca>

Payment

We accept Visa, Mastercard, Cheque, Cash or E-transfer. Session Fees must be paid in full in advance of start-date. *Missed sessions will not be refunded.*

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Can DBT help?

The DBT program for Adolescents is designed to address the following:

- Impulsiveness and high-risk behaviors
- Life-threatening behaviors (including suicidal thoughts and self-harm behaviors)
- Mood swings
- Confusion about self; ie. 'who am I';
- self-esteem issues
- Interpersonal conflict and fear of intimacy
- Behavioral, emotional and thought patterns that contribute to misery, distress and "problems with living well"

Consultation with your health care team

With your consent and collaboration, Inner Solutions™ and your health care team work to ensure we have all the information before, during, and as you leave therapy. This helps to facilitate a continuum of care, medication management, and a coordination of services.

The Pre-Treatment Phase

This is the assessment period required by therapists and clients to determine if this therapy is appropriate for them and if they can work together.

Relevant historical information is gathered, the process of forming a therapeutic alliance begin, goals determining the direction of therapy are established and barriers to therapy (if any) are identified.

DBT-A Multi-Family Skills Group

Psychoeducation groups are used to teach and familiarize adolescents and their parents with the core DBT skills are taught as five modules:

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness
- Walking the middle path

Groups are offered over a 12 week period on a fee-for-service basis.

The adolescent and at least one parent or guardian is expected to attend.

Parental involvement is expected for purposes of skill generalization, coaching and "treating the environment" (adjusting dynamics in the home).

Components of the DBT Program for Adolescents:

Individual Therapy

12-week Multi-Family Skills Group (with a parent)

Phone coaching—child and parents

Individual Therapy

Therapy consists of weekly sessions utilizing DBT technique and philosophy.

Treatment focuses on improving cognitive, behavioral, and emotional dysregulation in order to help the adolescent improve their quality of life.

Parents may be involved in the pre-treatment phase as well as ongoing sessions.

DBT Phone Coaching

Phone calls to the therapist are encouraged during moments when the adolescent or parent(s) feel the situation is heading towards a crisis.

The therapist will 'coach' clients in the application of DBT skills when in distress.

Inner Solutions™ Mission

To understand and to help ... by providing empirically supported treatments with compassion and expertise. To help clients: *learn it, live it, and lend it ... to others by example.*