

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.

Hours of Operation

Individual appointments are available Monday through Saturday, including evenings.

Group sessions are held in both during the day and in the evening.

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 program fees and dates.

The Dialectical Behavioural Therapy Program

For anyone suffering with Emotional Dysregulation

Family and Friends Group

Sessions providing education and support to families and friends who wish to learn how they can support the client as well as take care of themselves in the process of living with a highly emotional person.

These classes are offered on a fee-for-service basis.

Members do not need to have loved ones in treatment at our program to benefit from these group sessions.

Please find more information, session brochure and dates online at innersolutions.ca.



Contact Us

Inner Solutions™

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How can DBT help?

The DBT Program provides therapy for anyone, regardless of diagnosis. When an individual is:

- Experiencing mild to severe problems with mood swings, depression, anxiety and generally unstable emotions
- Having difficulty managing stress
- Having relationship problems and/or fear of abandonment and rejection
- Behaving impulsively
- Experiencing confusion about identity and self-esteem issues
- Experiencing suicidal thoughts, self-harm urges and other behaviours that risk well-being and quality of life
- Wanting to improve the quality of their life and learn DBT skills to change behaviour, thinking patterns and restructure their lives

Our Team

The Inner Solutions™ team has been intensively trained by the Behavioural Technology Transfer Group (Dr. M. Linehan's training organization) and we maintain our practice standards with annual attendance at DBT workshops and conferences.

We provide a full comprehensive program for all individuals who would want to use DBT; *regardless of diagnosis*. We serve clients with all levels of emotional dysregulation and we have developed a component to serve people who want long term support to integrate and sustain the application of DBT skills.

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 begins, goals determining the direction of therapy are established and barriers to therapy (if any) are identified.

Individual Therapy

Licensed, trained and experienced staff provide therapy. They have backgrounds in:

- Psychology
- Psychiatric Nursing
- Clinical Social Work

The primary therapy occurs within the 1:1 relationship, which consists of regular progress oriented interactions structured on cognitive and dialectical behavioural techniques, addressing collaboratively identified goals in a hierarchal fashion.

Treatment focuses on improving cognitive, behavioural and emotional deficits by using dialectical interventions and incorporating DBT skills to help the client improve the quality of their life.

DBT Skills Groups & Classes

Psychoeducation groups and classes are used to teach and familiarize clients (and sometimes family members) with the core DBT skills:

- Mindfulness skills
- Emotion regulation skills
- Distress tolerance skills
- Interpersonal effectiveness skills

Classes are offered in a variety of formats on a fee-for-service basis. Details on all group sessions can be found online at innersolutions.ca.

DBT Coaching Call Protocol

As a part of the DBT treatment program, coaching calls are encouraged. These calls take place with your individual therapist, and are available to:

- Encourage clients to reach out for help before they are in crisis
- 'Coach' clients in the application of DBT skills when in distress

DBT Graduate Group

This group is available to those who have completed the DBT Skills Level 1 program, to strengthen skill use and provide support.

The Graduate Group meets weekly with a minimum 16-week commitment; however most clients continue to attend beyond this. It is a fee-for-service program. Please find further details, dates and fees online at innersolutions.ca.

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.*