



629 River Street Suite C Belleville, WI 53508
Phone: 608-424-9100 Fax: 608-424-9099

Dialectical Behavioral Therapy

Comprehensive Program

Program Overview

The DBT program is a comprehensive skills-based program originally designed for clients with chronic suicidal ideation, self-harming behaviors, and Borderline Personality Disorder. DBT has been shown to be effective for clients with a variety of mental health diagnoses at improving relationships, building distress tolerance, and improving mood regulation.



We're Taking Referrals!

We're working hard to grow our DBT Program at Foundations Counseling. DBT is right for people who:

- Have frequent crisis or high-risk behaviors, difficulty regulating emotions, and difficulty in relationships
- Need a more intensive program than outpatient counseling can provide
- Are willing to commit to weekly skills group, weekly individual counseling, and completing homework between sessions
- Have access to technology to join group over Zoom

What We Do For Your Client:

Clients enrolled in the DBT program will have access to a DBT-trained individual therapist who will meet for one hour weekly, a 2-hour weekly skills group held virtually, after-hours skills-based phone coaching, and the 24-hour Foundations Crisis Line. In order to complete the full program, we ask that clients complete 2 rounds of the 6-month group curriculum, for a total of one year in therapy.

Referral forms can be found at foundationscc.com. Please complete the referral form for adults and indicate interest in the DBT program on the referral form. For questions regarding the program, email DBT@foundationscc.com.