



PrairieCare

INTEGRATIVE A-DBT INTENSIVE OUTPATIENT PROGRAM

Locations: EDINA and WOODBURY

Adapted Dialectical Behavior Therapy (A-DBT)

A-DBT was created by Marsha Linehan and teaches clients distress tolerance, emotional regulation, mindfulness, and interpersonal effectiveness.

PROGRAM DETAILS

Length of stay is individualized for patient and is approximately 8 – 10 weeks

Groups meet 4 days per week • Monday – Thursday • 1:00 – 4:00 PM

SKILL BUILDING GROUP

This group is facilitated by the program social worker and is designed to offer specific education and A-DBT skills that will help individuals learn coping strategies to help decrease the severity and duration of symptoms.

INDIVIDUAL THERAPY

Individuals will meet with an individual therapist throughout programming to review treatment goals and progress. Individual therapy is strongly encouraged throughout this program, and the therapist will collaborate with the individual's outpatient therapist, if desired, or provide support in the referral process to establish individual therapy.

INTEGRATIVE THERAPIES

Individuals will have the opportunity to participate in both yoga and art therapy groups while in the program, both therapies incorporating a mindfulness-based approach.

SOCIAL WORK

The Adult Social Worker will help guide treatment planning, establishing areas of focus, discharge planning, and facilitate skill building groups, as well as provide necessary care coordination and referrals, as needed.

PSYCHIATRIC CARE

Individuals will meet weekly with a psychiatrist throughout programming. Medication is often a useful tool in managing symptoms and improving quality of life.

THERAPEUTIC APPLICATION GROUP

Facilitated by the program therapist, this group provides a safe place for individuals for support, process, increased self-awareness, and integration of skills learned in the Skill Building Group.