

# Minnetonka Counseling

www.minnetonkacounseling.com

## **Adolescent/ Multifamily Dialectical Behavioral Therapy Group**

Minnetonka Counseling offers a 25-week adolescent/multifamily group using Dialectical Behavioral Therapy (DBT). This is a 25-week long skills group based on the evidenced based practice of Marsha Linehan, PhD. This is for adolescents age 14 -18 years of age. It is recommended that each family complete at least one 25-week rotation. Some families find that two 25-week rotations are helpful. The adolescent is to be accompanied by a consistent parental figure. Both parents are invited and welcome to attend, if they choose. The adolescent AND the parent are expected to participate in the group. This includes homework and weekly check in. The skills group is 2 hours long and is broken into the following modules:

- Mindfulness (a core skill)
- Middle Path
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

In addition to weekly skills group each adolescent is required to attend weekly individual therapy with a clinician willing to adhere to DBT standards and guidelines. This includes coaching calls between the therapist and adolescent in order to help apply the skills to daily living and real-life situations. Family or parent sessions are done as needed. Parents are welcome to have an individual therapist to assist them with skill use but this is not required.

This is a semi-open group with new members adding at the beginning of each new unit as is appropriate.

### **Cost**

DBT skills group is not covered by insurance and pre-payment is required.

We offer the following three options for pre-payment

- Plan A: One-time payment of \$2500.00 for 25 group sessions (\$100.00 per group)
- Plan B: Pay weekly at \$120 per group session for a total of \$3,000.00 for 25 group sessions
- Plan C: Three Payments of \$1166.00 for 25 group sessions (\$140.00 per group for a total of \$3500.00). Payments due in at beginning, week 8 and week 16.

\*No show and cancellation policies apply

Call for more details and available group times.

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