DBT groups are now being offered by Prairie St. John’s therapist, Ruth Denton-Graber.

As designed by Marsha Linehan, this model includes sessions on each of the four modules: **Mindfulness, Distress Tolerance, Emotion Regulation** and **Interpersonal Effectiveness** and is effective for assisting people change patterns of behavior that are not helpful, such as self-harm, suicidal thinking, and substance abuse.

Both Individual and Group Therapy are required. Individual therapy can take place at PSJ or with another provider as long as releases are in place for on-going communication. No specific diagnosis requirements.

All insurances are accepted.

Call for additional information—701-476-7800