



# Dialectical Behaviour Therapy Program

## What is DBT?

Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment that was originally developed as a treatment for individuals living with the peaks and valleys of emotional dysregulation who meet the diagnosis criteria of borderline personality disorder.

## What can you expect from this Program?

Individuals supported by our DBT program benefit from a variety of therapeutic services such as one-on-one counseling, skill development groups, and telephone consultations.

The goal of CMHA WW's DBT program is to increase the quality of life and reduce the risk that individuals facing emotional dysregulation and borderline personality disorder experience. The program promotes the cultivation of meaningful and fulfilling lives while enhancing an individual's ability to experience safety and stability.

## Who can access DBT?

CMHA WW's DBT program supports individuals who are 18 years of age or older, who are not involved in other talk therapies, who have been diagnosed with Borderline Personality Disorder and/or who:

- Are motivated and able to participate in one-to-one counseling and/or skills groups, and
- Have a recent history of repeated suicide attempts (e.g. 2 or more in the past year), and/or
- Actively engage in self injurious behaviour, and/or
- Experience psychiatric crises resulting in the frequent use of hospital emergency department services.

## Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies visit: [www.cmhaww.ca/privacy](http://www.cmhaww.ca/privacy)



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

## How you can learn more

To complete a referral for the Comprehensive DBT program, please call HERE 24/7 at

**1-844-437-3247** (HERE247)

or learn more on our website:

[www.cmhaww.ca/programs-services/dbt/](http://www.cmhaww.ca/programs-services/dbt/)

## Where will DBT run?

CMHA WW's DBT program supports individuals living in Waterloo and Wellington counties. We are currently offering groups at our Kitchener and Guelph sites, with Cambridge DBT services offered at our Langs CHC office location.

### **Kitchener**

67 King St. East

### **Guelph**

80 Waterloo Ave.

### **Cambridge**

1145 Concession St.  
Langs Community Health Centre