Dialectical Behavior Therapy (DBT) is a type of treatment designed for people who have problems regulating emotions, problems managing anger, problems with relationships, fear of abandonment, difficulties with self-esteem, feelings of emptiness, suicidal thoughts, self-harming behavior, or negative beliefs.

Learn more
For more information on CHD's Outpatient Behavioral Health Services and DBT groups, please contact:

Director of DBT Services
Aidza Y. McKenzie, PhD
(413) 737-1426 ext. 140

www.chd.org
**DBT Services**

CHD’s DBT services will include but are not limited to the following:
- Outpatient individual treatment
- Outpatient skills training groups
- Telephone consultations
- Consultation team meetings

**What is a DBT Group?**

The DBT group is a Psychosocial Skill Training Program that helps clients reach a healthy balance in their lives. In the group, clients will learn skills that help them improve their quality of life and reduce their emotional suffering.

**What is the Goal of DBT and the DBT Group?**

The goal is to help group members improve their interpersonal relationships, learn to regulate their emotions, tolerate stressful situations, reduce target behaviors, and learn mindfulness strategies.

**Is DBT right for you? You must be:**

- At least 18 years old to be admitted to an adult DBT group or 12 to 18 years old for the DBT adolescent groups.
- Willing to have an individual therapist by the first session.
- Willing to reduce therapy interfering behavior and not come to group sessions under the influence of alcohol and/or drugs.
- Willing to work toward solving problems in ways that DO NOT include intentional self-harm or attempted suicide.
- Committed to participating fully for the length of the group.

**Admissions and referrals:**

Interested people will need to go through a pre-screening/orientation process with the director of DBT services to understand the expectations of the DBT program and how you might benefit. Please call (413) 737-1427 to set up an appointment.

**DBT Groups**

367 Pine Street, Springfield, MA
Skills Training Group for Adolescent Girls
Tuesdays, 4:00-5:00 pm

Skills Training Group for Adult Women
Tuesdays, 1:00-2:30 pm

Skills Training Group for Spanish Speaking Women
Wednesdays, 10:00-11:30 pm

Skills Training Group for Spanish Speaking Men
Thursdays, 10:00-11:00 pm

246 Park Street, West Springfield, MA
Skills Training Group for Adolescent Girls
Tuesdays, 4:00-5:00 pm

Skills Training Group for Adult Women
Wednesdays, 1:00-2:00 pm

179 Northampton Street, Easthampton, MA
Skills Training Group for Adolescent Girls
Thursdays, 4:00-5:00 pm

338 Birnie Avenue, Springfield, MA
Skills Training Group for Adolescent Girls
Mondays, 4:00-5:00 pm

The standard DBT Skills Group is a six-month training program that meets weekly for 1–1½ hours. However, CHD offers a variety of psychosocial skills training groups based on DBT.