

# WHAT DOES IT MEAN TO BE A FULLY ADHERENT DBT PROGRAM?

A fully adherent (also known as a fully integrated) dialectical behavior therapy program offers standard DBT groups for clients, and then goes above and beyond. In order to fully integrate the DBT skills into a student's life, the skills must be fully integrated into the program. **At a fully adherent program, every employee on campus--not just the DBT therapist--is at a minimum foundationally trained in DBT.** Dialectical behavior therapy is integrated into activities, academics, therapy sessions, and relationships. Sunrise is one of the only fully adherent DBT programs for teen girls.

## FOUR PILLARS

### Skills

All DBT skills, not just a few, are taught and integrated in a fully adherent program. Skills are practiced at all times, by all students and employees on campus.

### Consultation

Therapists discuss their case load with colleagues for feedback on how to best serve a family or student. A therapist will also receive work-related therapeutic support from peers.

### Phone Coaching

A Sunrise therapist hosts a weekly webinar about DBT skills for current and alumni families. Sunrise also requires that each family participates in a weekly family therapy session with their daughter.

### Individual Therapy

Students at a fully adherent DBT treatment center participate in an hour of individual therapy each week. While skills are incorporated into therapy, this is also a time for your daughter to address and process through concerns from all areas of her life.

## PRIMARY TARGETS

### Decrease Life Threatening Behaviors

Safety is the first priority at Sunrise. Dangerous behaviors towards herself or others must be addressed first.

### Decrease Therapy-Interfering Behaviors

Therapy-interfering behaviors include refusal to attend or work in therapy. When your daughter is consistently attending therapy, she will have the opportunity to address issues that are holding back her progress.

### Decrease Quality of Life-Interfering Behavior

Quality of life-interfering behaviors are behaviors that prevent her from creating a life worth living. An example of this is ending relationships with a peer group at home that encourages the use of drugs and alcohol.

### Increase Skills Acquisition

Skillful behaviors replace ineffective behaviors<sup>1</sup>. By learning, applying, and internalizing DBT skills, she will build healthier relationships with herself, her family, and her friends.

## Application, Not Just Learning

A fully adherent DBT treatment center offers your daughter and your family full therapeutic healing in an environment that is constantly coaching in DBT. The therapist will work with your daughter and family to identify what skills are needed to succeed at home. When she has healed from past hurts and struggles, and dialectical behavior therapy skills are a part of her everyday life, your daughter will be better able to triumph over the challenges she will face in the future.

<sup>1</sup> 'What Is DBT?' What Is DBT? | Behavioral Tech. Web. 15 June 2017.