

## What we can offer:

- Assessment by a licensed behavioral health professional at no cost to you
- Referrals to appropriate treatment based on your individual needs
- Group therapy in a supportive and caring environment
- Groups that meet during the day and in the evening
- Group programming in the morning, afternoon and evening
- Education and resources for family and loved ones
- Phones are answered Monday-Friday, 9 a.m.-5 p.m.

Many clients in our programs have been trying individual therapy and medication or self-help groups, but are not seeing success. Our clients do not meet criteria for inpatient treatment, but may be experiencing depression, anxiety, alcohol or drug abuse, or other emotional problems that significantly affect their ability to carry out their usual activities.



## Ascension Seton

If you or someone you care about needs help with mental health or emotional wellness, call us. Don't wait.

**512-324-2039, opt. 3 or  
toll-free 1-877-918-2039, opt. 3**

Phones are answered Monday-Friday,  
9 a.m.-5 p.m.

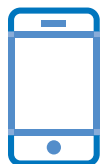
**Ascension Seton  
Behavioral Health Services  
Office Building  
3501 Mills Ave.  
Austin, Texas 78731**

**t 512-324-2039, opt. 3  
t 1-877-918-2039, opt. 3 (toll-free)**

# Dialectical Behavioral Therapy Intensive Outpatient Programs



Ascension Seton Behavioral Healthcare



**Call us now and speak with a Behavioral Health Navigator and receive an assessment at no cost to you: 512-324-2039, opt. 3.**

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# Dialectical Behavioral Therapy Intensive Outpatient Program (DBT IOP)

Dialectical Behavioral Therapy focuses on helping people work toward building a sense of well-being in life by teaching skills to help manage the following:

- Impulsive behaviors
- Intense emotions
- Chaotic relationships

DBT has been found to be an effective treatment in helping people reduce suicidal or self-harming behaviors, psychiatric hospitalizations, and improve engagement in treatment.

## The DBT core components include:

- Develop skills to reduce impulsivity
- Increase ability to manage relationships
- Increase awareness of behavior patterns
- Reduce emotional intensity



## Seton DBT IOP programs

**Where:** DBT IOP programs are available in central Austin.

**When:** Group meetings are held during the daytime and evenings.

**Who:** All of our therapists are trained in DBT and attend weekly consultation groups.

### Three types of DBT are available:

- **DBT IOP:** This group is designed for adults and meets at central Austin.
- **DBT IOP for substance abuse:** This group meets at the central Austin location. In addition to teaching the core DBT skills, this group is designed to help people with the following types of issues:
  - Substance use that affects ability to function in life, work and relationships

- Impulsive behavior patterns that get in the way of staying sober
- **Radically-open DBT:** This group meets at the central Austin location. In addition to teaching the core DBT skills, this group is designed to help people with disorders of over-control and the following traits:
  - Past unsuccessful treatment for anxiety, depression and harsh self-judgments
  - Behaviors such as perfectionism, obsessive rumination, and all-or-nothing thinking
  - Difficulty with expressing emotions
  - Avoidance behavior that leads to isolation or lack of daily structure