

DBT MULTIFAMILY SKILLS GROUP INFO SHEET

What is DBT?

DBT is an effective treatment for high-risk, complex emotional and behavioral concerns. This can include everything from yelling and screaming at loved ones to cutting, burning, or poisoning the self. Individuals exhibiting symptoms of borderline personality disorder, self-injury, suicidality, addiction, eating disorders, or other severe mood or anxiety concerns may benefit from DBT. It provides a robust set of healthy coping skills to replace destructive behaviors and tame out-of-control emotions.

It is important to highlight that if you desire to build the life you want and experience the benefits of DBT, it will require an investment of time. The minimum time is 6 months and typical maximum is 18 months. **Comprehensive DBT for Adolescence (DBT-A) requires the following:**

Weekly Individual Therapy	To motivate clients to use skills, stay with the treatment, and structure their environment to work for them.
Weekly Multifamily Skills Group Training	To teach clients Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness, and Mindfulness skills to both the adolescent and at least one caregiver.
24/7 Phone Coaching	To assist clients and parents in using skills in everyday life.
Weekly Consultation Team for Clinicians	For clinicians to support each other, increase skillfulness, and maintain motivation to provide high quality therapy.
DBT Case Management	Assist with structuring a client's environment (referrals, resources, family sessions, etc.)

What is Multifamily Skills Group (MFSG)?

Multifamily Skills Group is the adaptation of traditional DBT designed for adolescent clients (age 13 – 18) and their families. Clients enrolled in MFSG attend group with a parent or caregiver instead of alone. Additionally, caregivers enrolled in MFSG can also receive individual coaching from group leaders.

Why does a caregiver need to attend?

The design of MFSG is based on the evidence that suggests that teens benefit when teens and parents/caregivers attend group together to learn core DBT skills. From our own experience treating



teens at Ebright, we've found that parents often want to be involved—and we want to provide support! In MFSG, caregivers learn how to more effectively communicate with their children, enhance their own coping skills and empower their child to use DBT skills to deal with problems.

What would be expected of a caregiver?

While enrolled in our DBT program, teens meet with an individual therapist once a week. Each teen and an identified parent or caregiver must also join our MFSG. Groups meet on a weekly basis at the same time each week. It takes 24 weeks to get through the full skills curriculum, which is often repeated to create a 1-year program (such evidence suggests three rounds might best help depending on the teen). Groups at Ebright are entirely virtual and it is highly recommended that teens and parents log on from separate devices.

Group is run very much like a class. Group members (both teens and their adults) are asked to learn new skills from group leaders, complete between-session assignments, and share them in a group format.

How does coaching work?

Just like traditional DBT, clients can receive coaching from their individual therapists to assist with skills usage in everyday life. For families involved in MFSG, we want to provide coaching for parents while maintaining the client's individual relationship with their primary therapist. Caregivers who are members of MFSG can receive coaching from MFSG leaders, to prevent overlap.

How much does it cost?

Costs will depend on your specific insurance plan and coverage. Teens and parents are typically billed separately. See our website for up to date insurance information, out of network reimbursement instructions, and our current rates (<https://www.ebrightcollaborative.com/insurance.html>).

Can more than one adult sign up?

We recognize that MFSG is a significant financial and time commitment. We therefore ask that families consider adding multiple adults very carefully, as we ask every member of the group to participate fully. In general, we suggest that the adult who experiences the most conflict with the adolescent be the adult participant when possible and/or the adult the teen lives with the most.

Can parents/caregiver get more help?

Yes! We strongly encourage caregivers to meet with a clinician for parent coaching sessions. Depending on the need, we suggest meeting with someone at least in the beginning of treatment to be better oriented to the major principles we believe will greatly help the whole family.

How do I sign up?

Joining MFSG is a multi-step process, as we need the full and enthusiastic participation of each participant. To get started with the Ebright Collaborative, the adolescent should call us or fill out our interest form: <https://www.ebrightcollaborative.com/apply.html>.

When a clinician is available, we will contact you to start Pre-Treatment orientation, during which you will meet with your individual clinician, have an opportunity to ask more in-depth questions about the treatment and how it works, and decide together if a full year of MFSG is right for you. Clients who decide to move forward with MFSG will then schedule a separate, one-session intake and orientation session for parents and can join MFSG at the beginning of the next module.

