

## If you experience 3 or more of these symptoms, you may benefit from our DBT program.

- Do your moods change frequently or unexpectedly?
- Do you find yourself getting intensely angry with others very easily?
- Do you have an addiction to drugs or alcohol?
- Do you cut, burn or otherwise hurt yourself to relieve emotional numbness or pain?
- Do you make impulsive or self-defeating decisions?
- Are you afraid that people you care about will reject or abandon you?
- Are you uncertain about who you really are and what you want from life?
- Do you feel empty and bored inside?
- Do you sometimes become so stressed that you feel threatened or paranoid?
- Do you feel that it is very dangerous to deeply trust other people?

Everyone has these traits to a certain degree. These traits must be long-standing (lasting years) and persistent.

If you are interested in resolving problems in living, finding greater joy, and learning how to live consciously, intentionally, and with purpose, then call today to talk about participating.

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Contact Hope Peabody if you are interested in learning more about our adult DBT program at 402.968.6857

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Individuals participating in DBT receive three modes of treatment weekly: individual counseling, a DBT Skills group, and telephone support between sessions. Day and evening groups available. Most insurance is accepted.

## COURAGE is... doing what we're afraid to do.

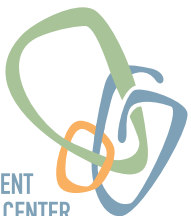
For many, that means confronting past events or situations that are painful. For others, it means resolving to change relationship patterns or become a better parent. Whatever the case, we have the knowledge, experience, and most importantly, compassion to guide you on a path toward healing, balancing acceptance and change.

**Dialectical Behavioral Therapy (DBT)** – Comprehensive, compassionate and scientifically valid trauma treatment



## Dialectical Behavioral Therapy (DBT) – Comprehensive, compassionate and scientifically valid trauma treatment

Dialectical Behavioral Therapy (DBT) organizes treatment into targets. It has a logical progression that first reduces then eliminates life threatening behaviors (suicidal thinking/attempts, self-harm). Secondly, it reduces then eliminates behaviors that interfere with treatment (non-attendance, chaos, etc.), with the third target decreasing behaviors that destroy one's quality of life (phobias, eating disorders, neglect of medical problems, lack of money, substandard housing, lack of friends, etc.) and increasing behaviors that make a life worth living.



THE ATTACHMENT  
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Dialectical behavioral therapy (DBT) combines cognitive and behavioral therapies to teach healthy ways to handle painful emotions through acceptance and change.

DBT uses four skill sets -

- Mindfulness
- Emotion Regulation
- Distress Tolerance, and
- Interpersonal Effectiveness

- to help improve one's coping skills. Through DBT you can learn how to increase self-awareness, reduce self-defeating thoughts, modify black-or-white thinking, get through crisis without making the situation worse, learn how to handle conflict and decrease stress.

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At the Attachment and Trauma Center of Nebraska, we share a belief that peace is the most important measure of healing. Finding the courage to seek help is the first step. Once you have taken it, we'll be there to guide you down the rest of the path.



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