



Washburn Center for Children now offers a Multi-Family Dialectical Behavior Therapy (DBT) Skills Training Group for Adolescents. This letter is intended to give you information about our group, so that referrals can be made.

The group meets weekly for two hours on Tuesday afternoons (4-6 pm) at our South location or Thursday afternoons (4-6 pm) at our West location. The first few minutes of a group consist of a mindfulness activity, and then time is spent on individual diary card check-in, followed by a presentation of new skills. The group consists of approximately five clients. At least one adult caregiver of each client is also required to attend every group. Clients will need to make a commitment of attending the group for at least 27 weeks or until they have completed each of the units. The clients will also need to attend weekly individual therapy sessions with a therapist that is at least somewhat knowledgeable with DBT skills. An overview of DBT skills will be provided to referring clinicians, as well as consultation.

Clients should be between the ages of 13 and 17 years-old and either males or females. They typically demonstrate borderline personality features, including a history of interpersonal difficulties, engagement in self-injurious behaviors, suicidal ideation and/or history of attempts, emotional dysregulation, and impulsivity. They could also have either symptoms of mood, anxiety, eating, substance-related, parent-child relational difficulties, and/or disruptive disorders.

Please note that the preferred insurances for the group are: HealthPartners, UBH/Medica, UCare, and Preferred One.

If you are interested in making a referral for the group or have any questions, please feel free to contact Tina D. Shah, Psy.D., L.P. at [tshah@washburn.org](mailto:tshah@washburn.org) or (612) 767-4859 or Sarah Paper, Psy.D., at [spaper@washburn.org](mailto:spaper@washburn.org) or (612) 872-3356. It would also be helpful if you speak to potential clients and their caregivers about the group and its commitment before making a referral.