

# FIND YOUR BALANCE

**Prairie St. John's** is now offering Dialectical Behavior Therapy (DBT). This care model includes sessions on each of the four modules:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

Effective in assisting people in increasing skills to cope with a variety of life's stressors and decrease maladaptive coping such as self-harm, suicidal thinking and substance use.

Both Individual and Group Therapy are required. Individual therapy can take place at Prairie St. John's or with another provider as long as releases are in place for on-going communication.

DBT is an evidence-based approach that has been demonstrated to be effective in helping individuals with a variety of mental health diagnoses. All insurances are accepted.

Call 701.476.7800 for additional information.



[www.prairie-stjohns.com](http://www.prairie-stjohns.com)

