



Let us give you the tools to feel better.

So many **nurses, physicians and other healthcare providers** face intense stressors and trauma from their everyday work. Who responds to these struggling healthcare providers? We do.

Relief is around the corner



Anxiety & Depression

These are normal reactions to high demands and extraordinarily stressful situations.

We have a Dialectical Behavior Therapy (DBT) for Healthcare Providers program to help.

Our Boost Programs guide you through with the understanding and support of your colleagues with familiar stories and recognizable burdens.

Get the Relief You need

We're here and ready to respond along with colleagues who have walked in your shoes. Get back to a better place, at work, at home, and emotionally.

Boost: DBT for Healthcare Providers

- 3 hours per day, one evening per week
- Wednesdays 4:30-7:30 pm (days of week subject to change)
- Skills teaching, diary card, and skills application hour
- Limited to individuals working in healthcare (doctors, nurses, social workers, therapists, etc.)
- Location: Virtu-Clinic

Call now to schedule an intake



VISIT mhs-dbt.com or scan the QR code to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

Locations: Apple Valley - Edina - Plymouth - Roseville - Woodbury - Virtu Clinic

Prioritize your needs today!



Dialectical Behavior Therapy (DBT)

What is DBT?

Dialectical Behavior Therapy (DBT) is a comprehensive and evidence-based psychotherapy.

DBT is structured as a skills-based, intensive outpatient program that integrates elements of cognitive-behavioral therapy (CBT) with concepts of mindfulness and acceptance.

DBT aims to empower individuals to better manage their emotions, tolerate distress, improve relationships, and ultimately lead more fulfilling lives.

What is Taught in DBT?

DBT consists of teaching and generalizing skill use in 4 main modules, each targeting different aspects of emotion regulation and interpersonal effectiveness:

- 1 Mindfulness: Helps stay focused on the present, managing emotional reactions and coping with challenges effectively.
- 2 Distress Tolerance: Provides tools to manage crises and intense emotions without worsening symptoms.
- 3 Emotion Regulation: Aims to build emotional resilience by recognizing patterns and creating healthy routines.
- 4 Interpersonal Effectiveness: Teaches skills to help improve quality of relationships by focusing on communication, boundary setting, and self-worth.

DBT Skills
Card

