

## **Integrative Counseling**

# **DBT Informed Treatment Program**

Integrative Counseling (IC) and Congruent Counseling offers a DBT Informed Intensive Treatment Program for teens and adults. This program will be focused on treating specific high risk behaviors such as serious depression or suicidal ideations, self-harm, chronic anxiety, chronic substance use relapses and others. The therapists involved will be using Dialectic Behavior Therapy informed treatment including but not limited to Distress Tolerance, Emotional Regulation, Mindfulness, Interpersonal Effectiveness, Cognitive Behavioral Therapy, Behavioral Training, and Middle Path. Clients will have access to individual sessions, family sessions, parent coaching, skill groups, telephone/email consultation, and tight coordination with a treating psychiatrist. This is a new model in Maryland and we are excited to provide these services in a way that allows our clients to access this treatment at an affordable rate.

Because this type of treatment is so extensive and requires more time and education than insurance will cover, we have developed program with costs that are predictable. Please understand that these services are provided outside of insurance and will likely not be reimbursable by insurance because they are not therapeutic; they are educational or coordination services. Therefore, no diagnosis or CPT codes will be provided for these services. However, individual and family therapy may be covered under insurance, reducing the cost of care overall.

Services include: Access to skills classes (separate classes for clients and parents/spouse/SO, phone/email contacts in-between sessions with client, phone/email contacts in-between sessions with parents or spouses, one check in with a designated school personnel on school progress/IEP/504 per month, one check in with psychiatrist per month, priority scheduling with Congruent Counseling Services DBT team therapists (once per week individual and once per week family sessions recommended), and ongoing handouts that can be referenced in-between sessions,

Both Substance Use (SUD) and Mental Health (MH) programs. See more information at

**[www.Integrative-Counseling.com](http://www.Integrative-Counseling.com)**

**or call**

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