



Agency-Based DBT Services



Staff Training and In-Services
(video and live training)



Parent support and presentations



Client instruction, DBT Skills resources



Referrals to office-based DBT Skills
groups and individual therapy



About DBT from BZA:

BZA's mission is to provide effective, accessible, and evidence-based Dialectical Behavioral Therapy skills training to agency professionals in our community and to provide ongoing support so that the social emotional needs of clients and staff continue to be met.

DBT Services for agencies include preventive and intervention-based skills that can be adapted for use with children, adolescents and adults. We can customize our services to include resources like DBT-based Emotional Problem Solving, which can be implemented to address challenges in a variety of settings.

Our goal is to support agencies in helping children, adolescents, parents and adults develop healthier coping strategies, improve their relationships, and ultimately lead more fulfilling lives.

OUR PROGRAM

Agency-based prevention and intervention skills targeted at:

- Providing mental health education
- Enhancing client and staff self-awareness of emotional status
- Teaching basic DBT skills to clients of any age in the areas of *Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness*
- Training staff to effectively recognize and respond to the emotional needs of clients in any setting.



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