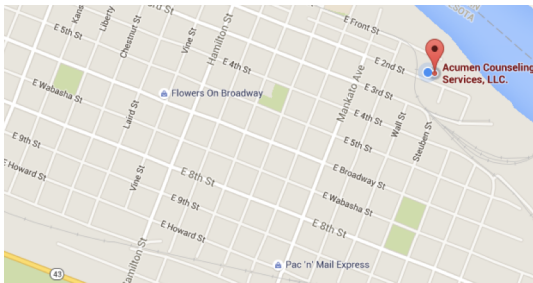


Life can be exciting, enjoyable, challenging, and very demanding. It is not unusual for individuals to experience emotional struggles. We don't need to meet those struggles alone.

Therapy can help improve mood, offer support, and teach coping skills. We strongly believe in helping people improve the quality of their lives.

We strive to provide a safe, supportive, and caring environment that is relaxed and comfortable.



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Fostering insight, knowledge, and understanding.



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Dialectical Behavioral Therapy (DBT)

is a cognitive behavioral treatment that was originally developed to treat chronically suicidal individuals diagnosed with Borderline Personality Disorder (BPD) and is now recognized as the gold standard psychological treatment for this population. In addition, research has shown that it is effective in reducing suicidal behaviors, non-suicidal self injury, psychiatric hospitalization, and treating a wide range of other disorders, such as: substance dependency, depression, anxiety, eating disorders, and Post-Traumatic Stress Disorder (PTSD).

DBT skills focus on four areas: **Mindfulness, Distress Tolerance, Emotional Regulations,** and **Interpersonal Effectiveness.**

Adult DBT programming includes:

- Weekly skills training
- Weekly individual DBT therapy
- Telephone coaching as needed
- Weekly therapist consultation meetings

Traditional Outpatient Counseling:

Individual Counseling is an opportunity to explore, address, and learn to cope with personal issues and mental health concerns. These concerns are typically thoughts, feelings, and/or behaviors that disrupt people's lives (Socially, academically, professionally, or negatively impact the ability to develop and maintain healthy relationships.

Group psychotherapy or **group therapy** is a form of psychotherapy in which one or more therapists treat a small group of clients together as a group. Depending on the nature of your problem, group therapy can be an ideal choice for addressing your concerns and making positive changes in your life.

Psychoeducation refers to the education offered to individuals with a mental health condition and their families to help empower them and deal with their condition in an optimal way. Essentially, psychoeducation focuses on providing you with information about specific topics in order to give you additional resources or information.

Adolescent Dialectical Behavioral Therapy (DBT-A) is especially useful for teens struggling with multiple serious problems that may include: suicidal behaviors; non-suicidal self-injury; high risk sexual behaviors; disordered eating; illicit drug use; binge drinking; and other harmful behaviors. It is also helpful for teens with less severe problems, such as: light social drinking first signs of non-suicidal self-harming behaviors; anger dyscontrol; school avoidance; impaired self-awareness of emotions, goals, and values; and frequent relationship breakups.

DBT skills focus on four areas: **Mindfulness, Distress Tolerance, Emotional Regulations,** and **Interpersonal Effectiveness.**

Adolescent DBT programming includes:

- Weekly multifamily skills training
- Weekly individual DBT therapy
- Telephone coaching as needed
- Family Therapy as needed
- Parenting sessions as needed
- Weekly therapist consultation meetings