

## **DBT Program - NYC**

### **Description:**

Columbus Park DBT is a comprehensive Dialectical Behavior Therapy program in Midtown Manhattan, created to address disordered eating behaviors and co-occurring issues such as depression, anxiety and self-harm. We will be launching in September 2013 with a new skills training group for up to 6 male and female participants, ages 18 and over. The group will be co-facilitated by two Behavioral Tech-trained clinicians who will also be available to provide individual skill support and training and between session coaching.

Our DBT program can function as the primary treatment or as a complement to additional therapeutic supports. A dinner meal will be offered as an option in tandem with the skills group, providing an opportunity for patients to practice skills in a supportive, communal dining setting.

Columbus Park DBT is an ideal treatment for medically stable men and women ages 18 and up who need to build skills in an effort to reduce disordered eating or other destructive behaviors.

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