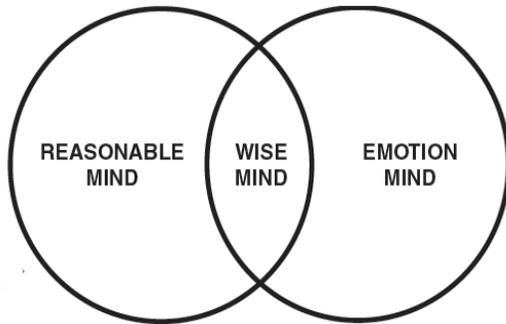


Have Questions?

Call David Earl Johnson,
MSW, LICSW at
763-250-1231

or davemsw@4securemail.com

For appointments call 651-430-0888.



NuView Psychological Services

6120 Oren Ave
Stillwater, MN 55082
Phone: (651) 430-0888
Fax: (651) 430-0889



NuView is a private mental health clinic that is dedicated to helping clients heal within a safe, professional environment. Our clinicians provide treatment within a holistic approach.

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- Depression, Anxiety and Stress Management
- Faith Related Issues
- Psychological Testing
- Health Psychology· Integrated Care
- Grief, Loss & Trauma
- Dialectical Behavior Therapy and Skills Groups
- Depression, Anxiety and Anger
- A.D.H .D. Assessments
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- Parenthood Adjustments

Our Staff

Donae V. Gustafson, PsyD, LP
Melissa Laraby, PsyD, LP
David Earl Johnson, MSW, LICSW
Marta Wilson, MA, LMFT
Susan E. Nelson, MA, APRN-CNP



Dialectical Behavior Therapy: Skills Group and Individual Therapy

David Earl Johnson, MSW, LICSW
763-250-1231
www.davemsw.com

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What is Dialectical Behavior Therapy?

Dialectical Behavior Therapy (DBT) is a treatment designed for persons with self-destructive behaviors, such as self-defeating or self-injurious behavior, suicidal thoughts and actions. Diagnoses may include personality disorder, depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, eating disorders, or alcohol and drug problems.

We believe self-destructive behaviors are learned coping techniques for unbearably intense and negative emotions. Negative emotions like shame, guilt, sadness, fear, and anger are a normal part of life. Some people are particularly inclined to have very intense and frequent negative emotions. Sometimes, the human brain is simply “hard-wired” to experience stronger emotions, either because of inherited traits or past traumatic events. Additionally, sometimes clients have mood or anxiety disorders that are not controlled by medications and thus lead to emotional suffering or emotional vulnerability. A person who is emotionally vulnerable tends to have quick, intense, and difficult-to-control emotional reactions that make his or her life seem like a rollercoaster.

An invalidating environment is also a major contributing factor to emotional vulnerability. “Invalidating” refers to a failure to treat a person in a manner that conveys attention, respect, and understanding.

Clients in DBT receive three main modes of treatment – individual therapy, skills group, and phone coaching. In individual therapy, clients receive once

Clients also must attend a one and a half hour weekly skills group for at least one year. Skills groups or classes clients learn four sets of important skills – Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance. Clients are also asked to call their individual therapists for skills coaching prior to self-harm behaviors. The therapist then walks them through alternatives.

DBT unfolds in four stages of treatment. To truly have a life worth living, the client must learn new skills, learn to experience emotions, and accomplish ordinary life goals. Therapy is not finished until all of this is accomplished.

In Stage I, clients move from being out of control of one’s self-harm behavior to being in control:

- Clients reduce intentional self-harm, and reduce behaviors that interfere with treatment.
- Clients learn to decrease behaviors that destroy the quality of life and increasing behaviors that make a life worth living.
- They learn to stop worrying about the future or obsessing about the past, and increase awareness of the “present moment” so they learn what makes them feel good or feel bad.
- They learn skills to create new relationships, improve current relationships, and end bad relationships, to understand what emotions are, how they function, and how to experience them in a way that is not overwhelming, and tolerate emotional pain without resorting to self-harm or self-destructive behaviors.
- Clients learn to decrease behaviors that destroy the quality of life and increasing behaviors that make a life worth living.

Stage II helps clients experience feelings without having to shut down by dissociating, avoiding life, or having symptoms of post-traumatic stress disorder (PTSD). In this stage, the therapist works with the client to treat PTSD and/or teaches the client to experience all of his or her emotions without shutting the emotions down and letting the emotions take the driver’s seat.

In Stage III, clients learn to build an ordinary life and solve ordinary life problems, like marital or partner conflict, job dissatisfaction, career goals, etc. Some clients choose to continue with therapy, take a break from therapy or work on these goals and then perhaps some come back to therapy.

In Stage IV, clients move from incompleteness to completeness/connection. Most people may struggle with “existential” problems despite having completed therapy at the end of stage III. Even if they have the lives they wanted, they may feel somewhat empty or incomplete. Many clients go on to seek meaning through spiritual paths, churches, synagogues, or temples. Clients could also change their career paths or relationships.



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