

Clearwater DBT Program Referral Information

Services Offered:

- Individual DBT therapy with phone coaching for clients ages 12 and up (once or twice per week, depending on acuity).
- Weekly DBT skills groups for adolescents and their families, and for individual adults. These groups run continuously, with entry dates every 5 to 8 weeks. Participants do not receive phone coaching unless they are in individual therapy with a DBT therapist.
- DBT informed parent counseling and family therapy, with phone coaching for parents.

Eligibility: Our modal client has Borderline Personality Disorder, but we will not turn away anyone looking for help with self-regulation unless they are medically unstable anorexic patients, are requesting treatment for a primary substance abuse disorder, or have a significant developmental delay.

Referral Process: Referrals should be made to Demi Rhine, PsyD at 510-596-8137, the 3# ext. She will answer basic questions about our services and set fees. Intake appointments are then scheduled with one of four DBT trained therapists, who explore in detail whether our DBT program is an appropriate treatment approach for each client requesting services.

Fees: The full fee for individual DBT therapy with a licensed clinician is currently \$160 per session. For DBT skills groups, the full fee is \$60 per person per group. Individual therapy with unlicensed clinicians still in training is currently \$100 to \$130 per session. We do not presently bill insurance companies directly, but many of our clients submit our monthly invoices to get partially reimbursed by their insurance companies.

Scheduling: Individual therapy is arranged directly with the therapist. Clearwater is open six days a week, from 8:00 am until 9:00 pm. DBT Adolescent Groups are offered weekly on Tuesdays from 6 to 8 pm and Thursdays from 6 to 8 pm. Adult DBT groups meet weekly on Tuesdays from 3:30 to 5:30 pm, and Wednesdays from 6 to 8 pm. There is a DBT Group for Young Adults (under 30 and not living at home) on Wed mornings from 9:00 am to 11:00 pm.

Location: Clearwater Counseling & Assessment Services is located at 345 38th Street, Oakland, CA 94609, near the corner of Broadway and 38th Street, behind the new Kaiser complex. The MacArthur BART station is a few blocks away, with shuttles running regularly between the BART station and Kaiser.

DBT is an empirically validated treatment approach if implemented as designed. Clients are required to make a six month commitment to treatment, and families of adolescents are expected to participate in therapy, with parent counseling and/or family therapy almost always recommended.

For more information, visit our website at www.clearwaterclinic.com.