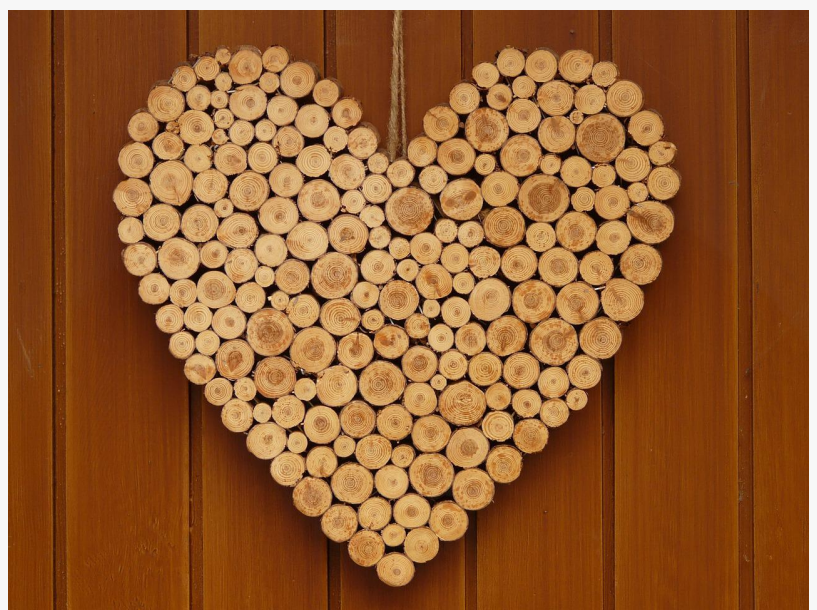


# Elevations RTC Seeing More Success With Their DBT Program

SYRACUSE, UTAH, UNITED STATES ,  
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Elevations RTC, a residential treatment center located in the greater Salt Lake City area, offers many types of therapy for students to rediscover themselves. One of the therapy options is Dialectical Behavioral Therapy.

Often referred to as DBT, more students than ever have positive reactions to the program. As families learn more about the therapy, seeing positive changes is becoming easier.

What is Dialectical Behavioral Therapy?



Elevations RTC finds more success with their Dialectical Behavioral Therapy program

The goal of Dialectical Behavioral Therapy is to help students find the right type of language to get rid of any internal conflict. This type of therapy is perfect for children as they develop numerous skills that they can use to experience all types of feelings.

DBT helps treat personality disorders, interpersonal conflicts, mood disorders, suicidal ideas, and behavioral issues. Since every student is different at Elevations RTC, they come in needing specific types of assistance. The DBT program is adaptable enough to change depending on needs.

This type of therapy is treated the same way as the 12 Step Model, Cognitive Behavioral Therapy, and Eye Movement Desensitization and Reprocessing. The goal is to match each student with their needs depending on the issues they face.

Implementing DBT

DBT has four modules: mindfulness, distress tolerance, emotion regulation, and interpersonal

effectiveness. All are intended to help the student have a better understanding of their emotions and how to better and more effectively express themselves. Having a well-versed staff in every module ensures that students get the proper care from the very first day.

Students and parents are both educated on the DBT process at the beginning of their enrollment so that parents can be familiar with the terminology and better understand their student's overall treatment. Having families on the same page makes for better outcomes and improved communication with each other.

What if DBT is Ineffective?

As stated above, Elevations RTC utilizes many different therapeutic techniques depending on the student. They will do testing from the very first day to match up students with the best care from the beginning.

The 12 Step Model could be effective for those needing to understand how their actions go beyond the present day. It's also great for internalizing values and better understanding in general.

Cognitive Behavioral Therapy helps students gain skills that will challenge any negative beliefs in their minds. Getting over those issues allows students to thrive in ways they never thought possible.

Eye Movement Desensitization and Reprocessing help process traumatic memories to find a proper resolution. Getting over those traumas builds character and allows students to grow long-term.

How to Get Started With Dialectical Behavioral Therapy

Looking to get started with Dialectical Behavioral Therapy for a teenager? [Elevations RTC is always accepting](#) new applications for admission. Visit [elevationsrtc.com](http://elevationsrtc.com) to learn more information on everything that they offer on campus. There's also the opportunity to visit the facility in person for more extensive research.

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