



When Might DBTICI Be Helpful for Your Patient?

A behavioral-health referral resource for primary care, pediatrics, specialty care, and other medical offices

Some patients need more than reassurance, medication management, or a recommendation to “see a therapist.”

DBTICI provides structured, skills-based behavioral health treatment for adolescents and adults who need help managing emotions, coping with distress, improving relationships, and changing behaviors that interfere with health and daily life.

Consider Referring When...

- **Emotions are affecting functioning.**

Anxiety, depression, irritability, overwhelm, or intense emotional reactions are interfering with school, work, relationships, routines, or medical care.

- **Stress repeatedly shows up in the medical visit.**

The patient returns with distress, difficulty coping, or psychosocial concerns that need more time and behavioral support than the medical visit can provide.

- **The patient knows what would help—but cannot consistently do it.**

They struggle with follow-through, routines, behavior change, coping strategies, or treatment recommendations despite understanding their importance.

- **Relationships or family conflict are contributing to distress.**

Communication problems, boundary difficulties, parent-child conflict, or unstable relationships are affecting emotional or physical well-being.

- **The patient has difficulty tolerating distress.**

They become overwhelmed, shut down, act impulsively, avoid, or rely on ineffective coping when symptoms or life stress increase.

- **Traditional supportive therapy has not been enough.**

The patient may benefit from a more active approach with concrete skills, behavioral strategies, tracking, practice, and accountability.

Common Referral Concerns

- Anxiety and depression
- Emotion dysregulation or frequent overwhelm
- Suicidal thoughts or self-injury
- Impulsive or self-defeating behaviors
- Trauma-related difficulties
- Relationship and family-of-origin concerns
- Binge eating or emotion-driven eating patterns
- Life transitions and difficulty coping with stress
- Adolescents struggling with intense emotions or family conflict

You Don't Need to Know Which Service to Refer For

A patient does not need to meet criteria for comprehensive DBT to be referred. We can help determine the appropriate level of care.

Two Treatment options:

DBT-Informed Individual Therapy

For patients who need an active, structured, skills-based therapy approach without the full comprehensive DBT program.

Comprehensive DBT

For patients with more significant emotion dysregulation, suicidality/self-harm, behavioral instability, or other concerns requiring coordinated DBT treatment.

Insurance

In-network with BCBS PPO, Aetna, Cigna, UnitedHealthcare, and TRICARE West.

Affordable Care Options

Reduced-fee/sliding-scale therapy, low-fee services with supervised doctoral trainees, and periodic no-cost community education are available depending on openings.

NOT SURE IF YOUR PATIENT IS A FIT? SEND THEM OUR WAY OR CONTACT US TO CONSULT.

info@dbtici.com | www.dbtici.com/contact | In-person & telehealth

An Evidence-Based Approach to Meaningful, Lasting Change