

For immediate Release: 8/3/2017

Press Contact: Andrew White, PhD, (503) 290-3281, awhite@pdbti.org

Portland, Oregon based dialectical behavior therapy suicide treatment program opens Intensive Outpatient Program for eating disorders

Portland, Oregon – The Portland DBT Institute (PDBTI) is one of the oldest and largest independent providers in the world of Dialectical Behavior Therapy (DBT), an evidence based therapy for individuals experiencing suicidal urges and behavior. We are excited to add an Intensive Outpatient Program (IOP) to our range of services for individuals with eating disorder in order to provide a higher level of care treatment option for adults struggling with an eating disorder who also need more support than a typical weekly outpatient therapy service or are ready to ‘step-down’ from a residential or PHP program. The IOP is built firmly on a DBT foundation and is provided in a DBT-adherent setting by DBT trained clinicians. Clients who attend our program will participate in 2 meals per clinical day, in addition to groups which are focused on teaching and practicing the DBT skills. This program will help individuals to plan for the week and the coming weekend and work to understand what is getting the way of needed changes for creating and following a path to recovery.

Resources for additional information:

Overview of DBT: <https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/>

Portland DBT Institute Home Page: <https://www.pdbti.org>

Portland DBT Institute Eating Disorder IOP home page: <https://www.pdbti.org/ediop/>

Press releases and hiresolution photos for Portland DBT Institute:
<https://www.pdbti.org/press/>

