

Therapists at AFCS who practice DBT have attended DBT trainings and are experienced in both individual and group services. The DBT model is followed with an emphasis on using cognitive behavioral therapy, as well as validation and dialectics. Therapists support clients in balancing acceptance and change.

Below are our DBT Therapists and who they serve:

Kim Marohl, LPC

Adolescents and adults

Heather Grasse, LCSW

Adults

Dawn Vardis, LPC

Adolescents and adults

*“There’s no secret
to balance.
You just have
to feel the waves.”*

- Frank Herbert

About AFCS

American Foundation of Counseling Services (AFCS) was established in 1965 by George Kress and Norman Vincent Peale with the original goal of providing training and counseling education to clergy and congregations in northeast Wisconsin. Today, AFCS provides:

- Counseling Services
- Foster Care Services
- Clergy & Congregational Care

AFCS is affiliated with The Samaritan Institute of Denver, Colorado. To learn more visit www.americanfoundationonline.org.

Dialectical Behavior Therapy (DBT) Program



*“Build a Life
Worth Living”*

*We are called to act with justice, to
love tenderly, to serve one another
and to walk humbly in faith.*

(adapted from Micah 6:8)

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American Foundation of
Counseling Services, Inc.

130 E. Walnut Street, 7th Floor
Green Bay, Wisconsin 54301

www.americanfoundationonline.org

(920) 437-8256

What is DBT?

Dialectical Behavior Therapy (DBT) was originally developed by Dr. Marsha Linehan to treat suicidal individuals. Today, DBT is an evidence-based treatment for a range of emotional and behavioral problems.

How can DBT help?

DBT can help you:

- Develop a clearer sense of self
- Develop relationship skills, assertiveness and self-respect
- Reduce emotional suffering and build positive experiences
- Gain acceptance of oneself and situations



The DBT Program at AFCS is comprehensive and offers:

- **Individual DBT Therapy** – focuses on increasing client's motivation to apply skills and build a life worth living.
- **Group Skills Training** – an educational group that teaches skills in the following areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
- **Phone Consultation** – supports clients in applying skills in everyday living. Focuses on generalizing skills.
- **Consultation Team Meetings** – clinical consultation meetings for therapists to ensure adherence to the DBT model. Enhances therapist's ability to apply DBT effectively with clients.



Who can benefit from DBT?

The DBT program at AFCS provides services for adolescents and adults struggling with:

- Feelings of chaos
- Intense, unstable mood swings
- Impulsivity
- Confusion about self
- Negative thinking patterns

Individuals diagnosed with:

- Borderline Personality Disorder
- Depression
- Eating concerns
- Substance abuse

For more information

To receive more information on how to get started, to schedule a confidential screening, or to learn about the fees for this program – please call us at (920) 437-8256 or visit us online at www.americanfoundationonline.org.