

What we can offer:

- Assessment by a licensed behavioral health professional at no cost to you
- Referrals to appropriate treatment based on your individual needs
- Group therapy in a supportive and caring environment
- Groups that meet during the day and in the evening
- Education and resources for family and loved ones
- Phones are answered Monday-Friday 9 a.m. - 5 p.m.

Many clients in our programs have been trying individual therapy and medication or self help groups, but are not seeing success. Our clients do not meet criteria for inpatient treatment, but may be experiencing depression, anxiety, abuse of alcohol or drugs, or other emotional problems that significantly impact their ability to carry out their usual activities.

**Call us now to speak with a Behavioral Health Navigator and schedule an assessment at no cost to you:
512-324-2039**



If you or someone you care about needs help with mental health or emotional wellness, call us. Don't wait.

**512-324-2039
or toll-free 1-877-918-2039**

Phones are answered
Monday-Friday 9 a.m. - 5 p.m.

Ascension Seton Behavioral Health Services Office Building

5407 Clay Avenue
Austin, TX 78756
t 512-324-2039
1-877-918-2039 Toll Free

Ascension Seton Williamson Medical Plaza

301 Seton Parkway, Suite 103
Round Rock, Texas 78665
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seton.net/behavioralhealth

Ascension Seton is an Equal Opportunity (EOE) and Affirmative Action Employer.
We support diversity in the workplace.

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Dialectical Behavioral Therapy Intensive Outpatient Programs



Ascension Seton Behavioral Health Care



Dialectical Behavioral Therapy Intensive Outpatient Program (DBT IOP)

Dialectical Behavioral Therapy focuses on helping people work toward building a sense of well-being in life by teaching skills to help manage the following:

- Impulsive behaviors
- Intense emotions
- Chaotic relationships

DBT has been found to be an effective treatment in helping people reduce suicidal or self-harming behaviors, psychiatric hospitalizations and improve engagement in treatment.

The DBT core components include:

- Develop skills to reduce impulsivity
- Increase ability to manage relationships
- Increase awareness of behavior patterns
- Reduce emotional intensity



Seton DBT IOP Programs

Where: DBT IOP programs are available in Central Austin and Williamson County.

When: Group meetings are held during the daytime and evenings.

Who: All of our therapists are trained in DBT and attend weekly consultation groups.

Three types of DBT are available:

- DBT IOP: This group is designed for adults and meets at our central Austin and Williamson County locations.
- DBT IOP for Substance Abuse: This group meets at the central Austin location. In addition to teaching the core DBT skills, this group is designed to help people with the following types of issues:
 - Substance use that affects ability to function in life, work, and relationships
 - Impulsive behavior patterns that get in the way of staying sober

- Radically Open DBT: This group meets at the central Austin location. In addition to teaching the core DBT skills, this group is designed to help people with disorders of over-control and the following traits:
 - Past unsuccessful treatment for anxiety, depression, and harsh self-judgments
 - Behaviors such as perfectionism, obsessive rumination, and all or nothing thinking
 - Difficulty with expressing emotions
 - Avoidance behavior that leads to isolation or lack of daily structure

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