



Women's Dialectical Behavior Therapy (DBT) Program

Women's Partial Hospital Program

What is the Women's DBT Program?

The Women's DBT Partial Hospital Program at Butler Hospital helps women who feel overwhelmed by intense emotions or find it difficult to cope with life's challenges. Through an evidence-based Dialectical Behavior Therapy (DBT) informed approach, you'll learn practical skills to manage emotions, improve relationships, and build a life that feels more balanced.

What the Program Includes:

- » Group DBT skills training
- » Individual therapy sessions
- » Medication management
- » Aftercare and discharge planning
- » A compassionate, structured treatment environment

DBT Skills Help You Learn To:

- » Manage overwhelming emotions
- » Stay present through mindfulness
- » Cope with difficult situations in healthy ways
- » Improve relationships and communication
- » Build confidence using effective coping skills

Women's Dialectical Behavior Therapy Program

This Program May Be Right for You If You Are Struggling With:

- » Anxiety, depression, or trauma
- » Self-harm or suicidal thoughts
- » Intense emotions that feel difficult to control
- » Impulsive behaviors or unhealthy coping habits
- » Painful or unstable relationships
- » Feeling emotionally overwhelmed or disconnected

Why Choose DBT Skills?

Research has shown DBT skills can help people develop healthier ways to manage emotions, reduce harmful behaviors, improve relationships, and navigate everyday challenges with greater confidence.

How Do I Register?

Self-referrals are welcome, and referrals from healthcare professionals are optional. Most health insurance plans are accepted, and we're happy to help you review your coverage options.

To get started or learn more, call our Behavioral Health Services Call Center at: (844) 401-0111. Available 24 hours a day, 7 days a week.

Women's DBT Program Butler Hospital

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