



Saint Louis
BEHAVIORAL
MEDICINE
Institute

314-289-9411
slbmi.com



Radically Open Dialectical Behavior Therapy



Deliver, Discover, Educate and Advance

What is Radically Open Dialectical Behavior Therapy?

Radically Open Dialectical Behavior Therapy (RO-DBT) is an evidence-based treatment informed by over 20 years of clinical and experimental research. RO-DBT targets a variety of disorders characterized by excessive self-control, often referred to as overcontrol.

Self-control is usually seen as a good thing. It means having an ability to inhibit or control your emotions, desires or behavior.

But did you know that too much self-control can cause problems? Overcontrol is when someone controls their emotions and behaviors to the point of harming their own well-being.

What are the signs a person struggles with overcontrol?

- Is not a risk taker and is generally not open to new experiences
- Needs structure and order
- Has a strong desire to "fix"
- Exhibits rule-governed behavior
- Has a low awareness of emotions, often has disingenuous emotional expressions
- Notices details that others are not likely to notice
- Has a high capacity for self-control

Who can benefit?

Radically Open Dialectical Behavior Therapy (RO-DBT) is designed to help many types of conditions, including symptoms that are not responding to standard care. We help adult patients with diagnoses that can include:

- Chronic Depression
- Treatment-Resistant Disorders
- Anxiety Disorders
- Anorexia Nervosa
- Avoidant, Paranoid and Obsessive-Compulsive Personality Disorders
- Autism Spectrum Disorders
- Schizoid and Schizotypal Personality Disorders
- Internalizing Disorders

Better together.

***Call us today at 314-289-9411 or
email SLBML.Intake@uhsinc.com***

***to start on a road
to a better tomorrow.***



Specialized treatment to help patients build a life worth sharing

- The Intensive Outpatient Program (IOP) is a 7-week program with two hours of skills classes daily Monday through Thursday. Patients have one individual session each week with their primary therapist.
- Patients are introduced to multiple skills designed to improve their mental health through openness, flexibility and forming social connections.
- Skills coaching between sessions is available and patients can continue to work and engage in activities of daily living.
- RO-DBT may be used concurrently with other forms of psychotherapy. However, patients can pause additional psychotherapy while participating in IOP.

Is RO-DBT right for you?

- *Are you a perfectionist?*
- *Are you cautious about how you do things?*
- *Do you prefer order and structure?*
- *Are you able to delay gratification?*
- *Are you unlikely to share your opinion until you get to know someone?*

**We can be the answer you
or a loved one is looking for.
Call **314-289-9411** or learn
more at **slbmi.com**.**



About Us

We serve the St. Louis Metropolitan Area, providing behavioral health treatment and specialty programs for mental health and emotional issues. SLBMI's multidisciplinary treatment teams are committed to providing patients with compassionate care. Since 1983, SLBMI has worked with many types of patients, from those with general counseling needs to the most complex, who require specialized care.

***For professional referrals or
general inquiries, please email
SLBMI.RODBT.IOP@uhsinc.com***

Three locations to serve your clients:

Macklind Office

1129 Macklind Avenue
St. Louis, MO 63110

West County Office

16216 Baxter Road, Ste. 205 and 225
Chesterfield, MO 63017

Belleville Office

521 W. Main St. Ste. 201B
Belleville, IL 62220



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Physicians are on the medical staff of Saint Louis Behavioral Medicine Institute, but, with limited exceptions, are independent practitioners who are not employees or agents of Saint Louis Behavioral Medicine Institute. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 221820-2568 5/23