### Referrals (48)

1. **CLIENTS**
   - Find Bailar Suelto: Through the internet, friends, NA, AA, or other sources
   - May or may not desire treatment
   - Seek treatment for loved ones who:
     - Have had previous psychotherapy
     - May or may not have been accurately diagnosed
     - May or may not desire treatment

2. **FAMILIES**
   - Through the internet, friends, NA, AA, or other sources
   - Find Bailar Suelto:
     - Clients
     - Families

3. **MENTAL HEALTH PROFESSIONALS**
   - Group skills training
   - Individual psychotherapy
   - Parent/family workshops
   - Pharmacology Tx
   - Need Consultation/Support or Just Burned Out

### Evaluation and Admission

**Bailando Suelto DBT Program** admits clients with one of the following criteria:

1. Problems and behaviors that can be fully explained by borderline personality disorder
2. Diverse comorbid diagnoses (panic attacks, generalized anxiety, chronic depression, etc.)
3. Clients with diagnoses of bipolar disorder who have not been relieved of their suffering with treatment that is typically effective for bipolar disorder
4. Histories of trauma with problems not explained by post-traumatic stress and not resolved with regular Tx
5. Chronic and insidious depression and interpersonal problems who have not responded to other Tx
6. Multiple and chronic interpersonal problems (isolation, loneliness, alienation)
7. Persons who are highly vulnerable emotionally
8. Recent relapse or behaviors of suicide
9. Eating disorders not resolved with specific previous Tx and with motivation to change their behavior and participate in nutrition counseling
10. Drug or alcohol abuse problems who are appropriately motivated to change their behavior in out-patient Tx and also participate in NA or AA

The average age of clients in the practice is 25, ranging from 15 to 54. Over 90% of the clients are women.

**TOOLS:**
- DSM IV for Interview (5 axes)
- SADS (FNE) (SASS) (STAI) DIB-R (BDI) (CGI) (STAIC) (STAXI) (FNE)

---

### Modes of Tx

**PRE-Tx**
- Agreements Commitment
- Motivation
- New and Renewed

**STAGE I**
- Family Psycho-Education (24)
- 50% of family members report improved interactions
- 45% moderate
- 10% jealous or save living with their loved ones

**STAGE II**
- Skills Training & Toolboxes
  - Therapeutic skills and techniques tailored to the skills training group
  - Validation, Empowerment, Relationship, Teamwork, and Emotional Regulation. Additional skills are taught including:
  - Emotions Workshop, Behavioral Chain Analysis, Deepening Processes, Agenda Workshop, Psychoeducational Workshops, Deliberative Tools, Reflection Tools, and Biological Music.

**STAGE III**
- Team Study and Case Management (weekly meeting)

**STAGE IV**
- Pre-tx Agreements
- Commitment
- Motivation
- New and Renewed

**STAGE IV**
- Family Psycho-Education (24)
- 50% of family members report improved interactions
- 45% moderate
- 10% jealous or save living with their loved ones

**SUELTO**
- Skills Training
- Psychoeducational Classes
- Phone Consultation

**BAILAR SUELTO**
- Family Psychotherapy
- Family Psychoeducational Classes
- Phone Consultation

### Some Results

**Pre-Tx Agreements**
- Commitment
- Motivation
- New and Renewed

**STAGE I**
- Family Psycho-Education (24)
  - 50% of family members report improved interactions
  - 45% moderate
  - 10% jealous or save living with their loved ones

---

**DBT functions for all modes of Tx and therapist support**

- **Motivation**
  - Enhance the client’s motivation and change the client’s condition.

- **Skills Training**
  - Enhance and maintain the client’s capabilities and skills.

- **Environmental Structuring**
  - Ensure that treatment can take place in all relevant environments.

---

**DBT Team / Equipo DBT**

- **Pablo Gagliesi MD**
  - Psychotherapy, psychopharmacology, academic teaching, psychoeducational workshops, research, team management and administration, PTSD treatments and EMORE.

- **Guillermo Lencioni MA**
  - Psychotherapy, PTSD treatments, academic teaching, skills training, psychoeducational workshops, cognitive therapy.

- **Carola Pechon MA**
  - Psychotherapy, academic teaching, skills training, psychoeducational workshops, PTSD treatments, behavioral and family therapy.

- **Ioana Poulsis MD**
  - Psychotherapy, eating disorder treatment.

- **Corinne Stoewanded PhD**
  - Psychopharmacological, eating disorder treatment.