

Upstate Integrative Mind Counseling

3519 Pelham Road Suite 107

864-735-1062

www.upstateintegrativemind.com

Dialectical Behavior Therapy Program Out of Network Request

To Whom It May Concern:

I am writing to formally request that my insurance plan approve and provide coverage for participation in a comprehensive Dialectical Behavior Therapy (DBT) program at Upstate Integrative Mind Counseling. I believe my condition requires specialized, structured care that is not available in-network, and that this treatment offers an evidence-based, medically necessary approach aligned with current clinical standards for significant emotional dysregulation and related functional impairment.

I experience significant difficulties with emotional regulation, distress tolerance, and maintaining stability during periods of heightened stress. These challenges impair my functioning and well-being and have not been adequately addressed through standard outpatient therapy alone. Because these symptoms involve more than situational distress and require a structured, coordinated treatment approach, a comprehensive DBT program is clinically indicated.

DBT is a structured, evidence-based treatment developed specifically for individuals who experience chronic emotional dysregulation, significant distress, and difficulty maintaining safety and stability. Unlike general outpatient therapy, full-model DBT includes multiple integrated components designed to work together in support of symptom reduction and functional improvement. These components include individual therapy, DBT skills training, phone coaching, and a therapist consultation team. This treatment model is designed to improve emotional regulation, reduce impulsive and self-destructive behaviors, and help patients build more effective coping strategies for managing distress and relationships.

The treatment I am requesting is medically necessary because it provides a level of structure, skill development, and treatment coordination that is not available through standard supportive therapy or DBT-informed treatment alone. Research has consistently shown that DBT reduces self-harm behaviors, suicide attempts, psychiatric hospitalization, and crisis-driven care while improving emotional and behavioral stability. For individuals with complex emotion regulation difficulties, DBT is widely recognized as a standard of care.

After extensive review of available in-network providers in South Carolina, I have been unable to locate a provider or program offering comprehensive, full-model DBT appropriate for my clinical needs. While some in-network providers may offer general therapy or



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DBT-informed services, I have not identified a program that offers the full DBT structure necessary to adequately address my condition. Therefore, this request is based on both medical necessity and network inadequacy.

By entering a comprehensive DBT program, I aim to improve stability, strengthen coping skills, reduce risk, and improve overall functioning. Access to specialized DBT treatment may also reduce the likelihood of symptom escalation, crisis interventions, emergency room visits, hospitalization, and repeated use of less effective services. As a result, approval of this treatment is likely to be both clinically appropriate and cost-effective over time.

Given the medical necessity, strong evidence base, and lack of comparable in-network options, I respectfully request that you authorize out-of-network coverage for comprehensive Dialectical Behavior Therapy (DBT) at Upstate Integrative Mind Counseling.

Thank you for your consideration.

Sincerely,
[Name]

References:

Linehan, M. M., et al. (2006). Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder.

Behavioral Tech Institute. Evidence Base for Dialectical Behavior Therapy.

Meta-analytic and comparative studies demonstrating reductions in self-harm, hospitalization, and crisis utilization with DBT.