

DIALECTICAL BEHAVIOR THERAPY (DBT)



WHAT IS IT?

DBT is a form of talk therapy (psychotherapy) adapted from cognitive behavioral therapy for those who experience emotions very intensely. DBT focuses on helping people accept the reality of their lives and their behaviors, as well as helping them learn to change their lives, including their unhelpful behaviors.



IS THIS RIGHT FOR ME?

DBT has proven to be effective for treating and managing a wide range of mental health conditions, including:

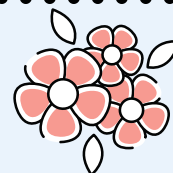
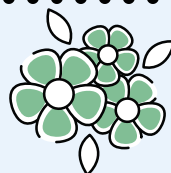
- Borderline personality disorder (BPD).
- Self-harm.
- Suicidal behavior.
- Post-traumatic stress disorder (PTSD).
- Substance use disorder.
- Eating disorders, specifically binge eating disorder and bulimia.
- Depression.
- Anxiety.

DBT helps people learn healthier ways to cope but can prove difficult. Before you start make sure you are committed to making positive changes. Ask yourself:

- Are ready to fully commit to therapy and do homework assignments?
- Are ready to focus mostly on your present and future, rather than your past?
- Feel able to do some sessions in a group with others?

If the answer is yes, this might be right for you!

HOW IT WORKS



- Main Goal of the therapist-balance between validation (acceptance) of who you are and your challenges and the benefits of change

The structure is commonly: Skills taught are commonly:

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| <ul style="list-style-type: none">• DBT pre-assessment.• Individual therapy.• Skills training in groups.• Telephone crisis coaching. | <ul style="list-style-type: none">• Mindfulness• Distress Tolerance• Interpersonal Effectiveness• Emotion Regulation |
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Clients who commit to DBT often have less self-harm behavior and anger, fewer days of inpatient hospitalization, less drug and alcohol misuse, and improved depressive symptoms after working the steps of DBT

ADDITIONAL RESOURCES

- [Click here](#) for more information on the process of DBT
- [Click here](#) for more information on DBT
- [Click here](#) for a [video on DBT](#)

