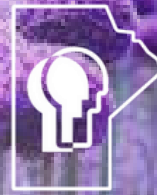


Dialectic Behavioural Therapy



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What is DBT?

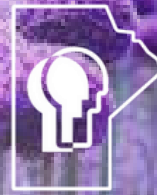
Dialectical behaviour therapy (DBT) is a form of talk therapy or training designed for individuals who experience intense emotions. It is a widespread therapy for individuals with borderline personality disorder, but therapists also use it to treat other mental health conditions. (Psychology Today, n.d.)

How Does DBT Work

Dialectical behavioural therapy is based on cognitive behavior therapy (CBT). Many elements of DBT are aimed at teaching patients how to recognize, understand, label, and regulate their emotions and how to handle interpersonal situations that give rise to negative or painful emotions. Through DBT you will learn new skills to improve emotion regulation. The structure of your therapy can vary from therapist to therapist, but in general, DBT involves these four sessions:

(Tartakovsky, 2021)

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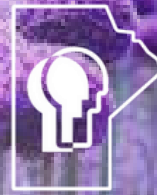
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Four Areas of DBT Training/Therapy

Mindfulness

DBT helps promote mindfulness. Mindfulness helps you "live in the moment." This helps you focus on your thoughts, feelings, sensations, and impulses and use your senses to observe your surroundings without judgment. Mindfulness helps you calm down and focus on healthy coping techniques during emotional suffering. The method can also help you stay calm and avoid automatic negative thought patterns and impulsivity. (Schimelpfening, n.d.)

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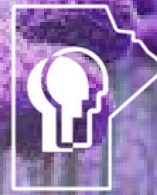
Distress Tolerance

Skills in stress tolerance help you accept yourself and your current circumstances. DBT teaches several crisis management techniques, including:

- Distraction
- Improving the present
- Self-soothing
- Considering the pros and cons of not tolerating distress

Techniques for stress tolerance prepare you for intense emotions and empower you to manage them with a more optimistic long-term outlook. (Schimelpfening, n.d.)

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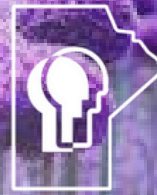
Emotional Regulation

Emotion regulation enables more effective management of intense emotions. The skills you acquire will assist you in recognizing, naming, and altering your emotions. When you are able to recognize and manage intense negative emotions (such as anger), you become less emotionally vulnerable and have more positive emotional experiences. (Schimelpfening, n.d.)

Interpersonal Effectiveness

Interpersonal effectiveness enables you to become more assertive in a relationship (by expressing your requirements and being able to say "no") while maintaining a positive and healthy relationship. You will learn to communicate and listen more effectively, to deal with difficult individuals, and to respect yourself and others. (Schimelpfening, n.d.)

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What is DBT Used For?

Through research, dialectic behavioural therapy has been shown to help reduce suicidal behaviours in adults. DBT may be a promising treatment for:

- Substance Use Disorder in adults and teens
- Co-occurring Substance use and Borderline Personality Disorder
- Bipolar Disorder
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Borderline Personality Disorder (BPD)
- Eating Disorders (such as anorexia nervosa, binge eating disorder, and bulimia nervosa)
- Generalized Anxiety Disorder (GAD)
- Major Depressive Disorder (including treatment-resistant major depression and chronic depression)
- Non-suicidal Self-injury
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)

(Schimelpfening, n.d.)

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