

Dialectical Behavioral Therapy (DBT) is an evidence-based method of treatment that was developed by Marsha Linehan, Ph.D. at the University of Washington in Seattle. This approach was originally designed to treat clients with Borderline Personality Disorder and is now used to help clients with a wide variety of disorders, including mood disorders, other personality disorders and substance use disorders.

GOALS - IMPROVING QUALITY OF LIFE

Specific goals of DBT by module include, but are not limited to, the following:

Mindfulness:

- Having a sense of who you are and a more clear awareness of your thoughts, emotions and environment;
- Recognizing and effectively dealing with dysfunctional thoughts;
- A sense of acceptance and control in your life.

Emotion Regulation:

- Understanding your emotions and their dynamics;
- Effectively managing the intensity of your emotions and regaining control;
- Recognizing and avoiding vulnerability to overwhelming emotions.

Interpersonal Effectiveness:

- Understanding your needs and wants clearly;
- Asserting yourself appropriately and effectively;
- Developing and enhancing relationships.

Distress Tolerance:

- Responding effectively when feeling overwhelmed and/or in crisis;
- Avoiding self-harm or destructive behaviors;
- Learning acceptance and ways to tolerate and reduce emotional pain.

HOW IT WORKS

Clients commit to attending group treatment, completing weekly skills practice assignments and being actively involved in individual therapy in the community. Each module takes approximately 6 to 8 weeks to complete. Completion of all four modules may take up to six months. Although completion of all four modules is ideal, clients will benefit from completing even one module.