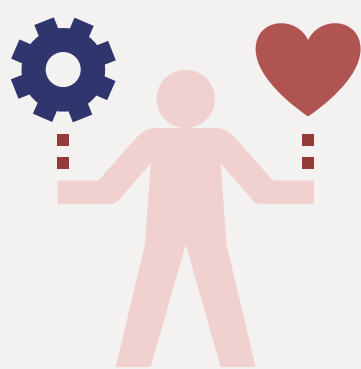


What is DIALECTIC BEHAVIOR THERAPY (DBT)?

DBT is an evidence-based, highly effective treatment for Pervasive Emotion Dysregulation (a.k.a., VERY big feelings and intense reactions that can be hard to come down from)

What is a Dialectic?

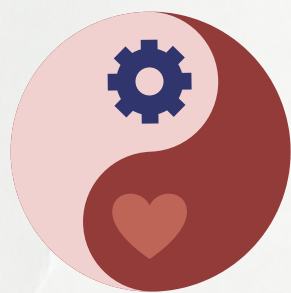
A dialectic is the synthesis of two seemingly opposite things. When you have those 2 "voices" (often your heart/feelings and your head/rational side) that seem to disagree completely -- that is called a "dialectic challenge". DBT helps you find the agreement and middle ground which creates a "peace treaty" within you.



Dialectic Examples

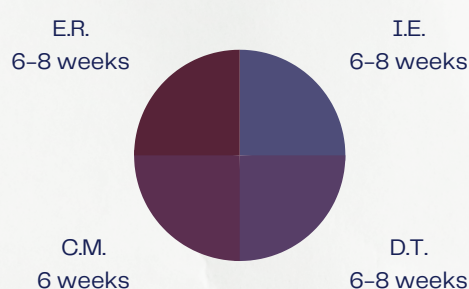
"I want to live" vs. "I want to die" becomes, "I don't want to live like this."

"I want to be accepted as I am," vs. "I want to change everything about myself," becomes "I am doing the best I can and I can do better."



How is DBT going to help me?

DBT provides both validation of you and why you do what you do AND provides skills and accountability to help you change unhealthy patterns.



What kinds of skills does DBT teach?

- Emotion Regulation (E.R.)
- Interpersonal Effectiveness (I.E.)
- Core Mindfulness (C.M.)
- Distress Tolerance (D.T.)

What is the time commitment?

A full program of DBT typically involves weekly individual sessions, weekly skills classes and between session "coaching" calls with your therapist. Most programs will ask for a 1 year commitment.

What if I don't want to commit to that?

Some people do not need the full DBT program. For example, 10% of people with a BPD diagnosis are relieved of symptoms after just 6 months. Others only need the skills group portion of the program. Contact a DBT program for assessment and recommendations for the level of care that is right for you.

Where can I find a full DBT program or credible DBT Therapist in my area?

The best place to look is in this directory:
www.dbt-lbc.org

