

Dialectical Behavior Therapy

A Comprehensive Treatment for
Emotional and Behavioral
Dysregulation

What is DBT?

You know what you need in life, but you don't know how to get what you want. Your problem is you might have good motives but you don't have good skills.”- Marsha Linehan

Dialectical Behavior Therapy is a comprehensive cognitive-behavioral treatment. It is the application of behaviorism, mindfulness, and dialectics. The focus is on relentless problem solving with an attitude of acceptance. The priority is to help the client to “build a life worth living”.

** Two fundamental assumptions in DBT:*

- Our clients did not cause all of their problems, AND they have to solve them anyway.*
- Our clients are doing the best that they can, AND that have to do better, try harder, and be more motivated.*

What is the difference between DBT and CBT?

CBT

- CBT is a structured cognitive behavioral treatment
- CBT primarily focuses on changing faulty thinking-
”change your thoughts, change your life”
- CBT focuses on treating one issue at a time
- CBT focuses on change strategies

DBT

- DBT is a CBT treatment that also incorporates core mindfulness adapted from Zen Buddhism which focuses on skills for practicing reality acceptance
- DBT focuses on understanding “what makes sense” about a client’s target behaviors and helping them to shape these behaviors that are causing fallout in their life
- DBT addresses multiple diagnoses and multiple behavioral targets at one time
- DBT is a dialectical balance between validation and change strategies.

DBT treats more than BPD

DBT was the first treatment to provide hope for helping those who suffer with BPD and support for the clinicians who are working with them.

- DBT is an effective treatment for helping to reduce targets related to severe emotional dysregulation, impulsive behavioral patterns and therapy interfering behaviors that are impacting progress in treatment.
- **DBT can be effective with the following disorders:**
- Borderline Personality Disorder
- Bipolar I and Bipolar II
- PTSD
- Binge/Purge behaviors
- Treatment resistant depression and anxiety disorders
- Binge substance abuse

Is All DBT Created Equal?

DBT is a structured treatment for both the patient and the therapist. It provides all of the following:

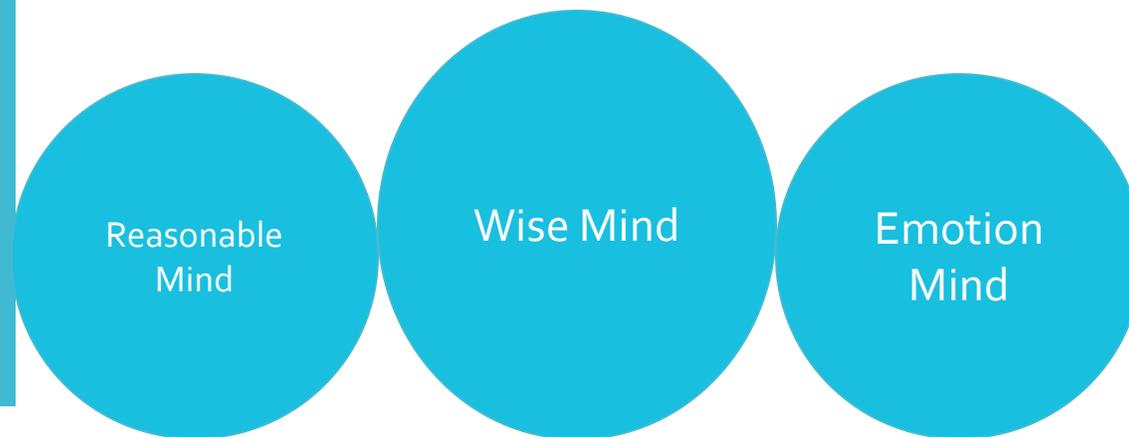
- Individual therapy with DBT therapist
- DBT skills training group
- Coaching calls
- Team consultation

Dialectical Thinking in DBT

- Searching for synthesis (middle path) between polar opposites-”both/and”

Primary Dialectic in DBT:

- *Acceptance of oneself and one’s situation in life and embracing change toward a better life (dialectic of acceptance and change)*



DBT Skills Modules

- **Core Mindfulness**

Acceptance skills to help be more aware of present moment and to help observe oneself with more emotional distance

- **Interpersonal Effectiveness**

Change skills for learning how to get needs met in the environment while also maintaining the relationship and self respect

- **Emotion Regulation**

Change skills for reducing the intensity and duration of negative emotions and being able to accurately label emotions

- **Distress Tolerance**

Acceptance skills for being able to radically accept/tolerate the moment that we are in without engaging in behaviors that could make it worse

DBT Referral Resources

Ascension Seton Behavioral Health-(512-324-2039)

- Adult DBT PHP
- Adult DBT, RODBT IOP and DBT SUD

Dell Children's Hospital (512-324-0029)

- Adolescent DBT IOP

Austin DBT Associates-(512-902-3282)

- DBT and RODBT for adults and adolescents
- DBT skills training for parents/family members and DBT parent coaching