

# Dialectical Behaviour Therapy (DBT) FACT SHEET



**DBT is a type of therapy that helps people learn how to manage their emotions and improve their relationships. DBT can be thought of as a toolbox containing practical skills and strategies that help people navigate life's challenges.**

DBT was originally developed to help people with intense emotions and self-destructive behaviours, although it's now used to help with a wide range of emotional and relational challenges. Think of it as a practical guide to navigating the complex world of emotions and interactions, teaching you how to handle your thoughts and emotions without getting overwhelmed and helping you to lead a more balanced life.

A key idea in DBT is balancing two opposing things: acceptance and change. It helps you accept yourself as you are while also working to make positive changes. It's like saying, "I'm okay as I am, AND I can still work on improving myself."

## **In DBT, you'll learn four key sets of skills:**

**Mindfulness:** This is about staying in the present moment by focusing on what's happening now instead of worrying about the past or future. It helps you become more aware of your thoughts and feelings without judgment.

**Distress Tolerance:** Sometimes life throws curveballs, and this set of skills helps you learn to cope with difficult situations without making them worse. It's about having helpful strategies to deal with stress and crisis moments as they happen.

**Emotion Regulation:** This set of skills helps you understand and control your emotions better. You'll learn how to identify what you're feeling and how to manage those feelings healthily and effectively.

**Interpersonal Effectiveness:** These skills are about improving your communication and relationships with others. You'll learn how to identify your goals during interactions, assert yourself, set boundaries, resolve conflicts, and manage relationships in a healthy and constructive manner.

Importantly, DBT emphasises developing a strong therapeutic relationship between you and your therapist. Our experienced Clinical Psychologists will support you, help you practice your new skills, and guide you in finding your own path to a more balanced and fulfilling life.

Overall, DBT is a therapy that equips individuals with practical tools to help you accept yourself, stay in the present, handle intense emotions, cope with challenges, and build better relationships. Contact our warm and compassionate administrative team who will