



Watch our  
What is DBT  
video

# What is Dialectical Behavior Therapy?

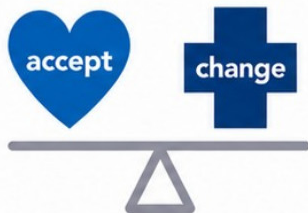
DBT is an evidence based treatment developed by Dr. Marsha Linehan for people who need help managing intense emotions.



Questions  
to Ask Your  
Therapist

## THE GOAL OF DBT

is to **build a life worth living.**



Dialectical means that multiple opposing perspectives can be true at the same time. The main dialectic in DBT holds that both acceptance and change are needed to move forward: to accept yourself and your life exactly as it is right now, AND to work on new ways of coping with life's stresses.

## DBT MODULES



### Mindfulness

focuses on improving the ability to accept and be present in the current moment.



### Emotion Regulation

covers strategies to understand, manage and change intense emotions that are causing problems in a person's life.



### Distress Tolerance

strives to increase tolerance of negative emotions rather than trying to escape from them with problem behavior.



### Interpersonal Effectiveness

consists of techniques to communicate with others in a way that is assertive, maintains self-respect and strengthens relationships.

## MODES OF DBT TREATMENT



### Individual Therapy with Diary Card

One-on-one therapy incorporating diary card tracking to support awareness and growth.



### Skills Group

Learn and practice core DBT skills with others in a supportive, structured group environment.



### 24/7 Phone Coaching

Get real-time support to apply DBT skills in the moment when you need it most.



### Therapist Consultation Team

A team-based approach that supports therapists in providing high-quality, effective DBT care.