

WHAT IS DIALECTICAL BEHAVIOR THERAPY (DBT)?



1. **DBT is supportive** – Skills trainers support people in their attempts to decrease problem behaviors, help people to acknowledge strengths and encourage them to use their positive abilities. It is a “life enhancement” program.
2. **DBT is behavioral** – Problem behavior patterns are analyzed and replaced with more skillful behaviors
3. **DBT is cognitive** – The focus in DBT is on helping to change beliefs, expectations and assumptions that are no longer effective helpful; change



may occur in all or nothing, rigid and judgmental thinking.

4. **DBT is skill oriented** – structured skill training is designed to teach new skills and enhance capabilities.



5. **DBT balances acceptance and change** – In DBT, there is a focus on helping people to increase their ability to accept and tolerate painful feelings, their current life situations and themselves. There is a second, and equally important, focus on learning new skills and behaviors that will enhance life.



6. **DBT requires a collaborative relationship** – In DBT it is important that people work together and function as a team to achieve goals. It is essential that all team members work on their communication and collaboration to facilitate progress.