



## DIALECTICAL BEHAVIOR THERAPY (DBT) FACT SHEET

Dialectical behavior therapy (DBT) is a type of cognitive-behavioral therapy. <sup>1</sup>

Patients who have seen little or no improvement with other therapy models make progress with DBT.

### DBT is:

- Focused and short-term
- Based upon scientific methods
- Evidence demonstrates it is very effective
- Proven to be effective in helping develop coping skills that reduce self-destructive behavior and flawed patterns of thinking.

### Goals of DBT are:

- Teach how to live in the moment
- Develop healthy ways to cope with stress
- Regulate emotions
- Improve relationships with others

### The focus is on

- Problem solving
- Acceptance-based strategies
- Dialectical methods

### WHAT DOES DIALECTICAL EVEN MEAN?

It means to investigate and put together ideas that seem to be opposite or contradictory.

For example, you care about your brother and think he is great but at the same time you do not like him because he is so hard to reach. *This is a dialectical situation.* It is two, seemingly opposing facts about the way you feel about your brother and both true at the same time.

**DBT** is centered on teaching skills that they can monitor and use in their daily lives.

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<sup>1</sup> (Cognitive Behavioral Therapy, CBT, is a form of psychotherapy that looks at how thoughts and perceptions influence behavior. CBT is a short-term, focused present-time issues and problem solving. It is based on the idea that one's thoughts and perceptions affect feelings and behavior. The goal is to critically examine thoughts and perceptions and make changes to improve responses to difficult situations.