

Dialectical Behavior Therapy (DBT)

DBT is an approach which has been shown to be effective in helping adolescents and their families cope with complex and difficult problems in life. It helps in balancing change and acceptance.

Goals of DBT are to decrease life-threatening and life-interfering behavior and to enhance behavior that improves the adolescent's quality of life.

Adolescents and their family members learn to apply a variety of skills, so that adolescents are able to better focus their attention where they want it, handle stressful situations, cope with their feelings, and effectively deal with others.



In a life worth living, you are able to:

- Direct your attention where you want it to be
- Handle stressful situations
- Cope with feelings
- Effectively deal with other people

DBT Program

The program seeks to provide the most current information and research on helping adolescents with difficult problems in life and to teach coping skills based on Dialectical Behavior Therapy for family members.

The course provides:

- Skills training based on Dialectical Behavior Therapy in the context of a supportive environment.
- The information presented is based on effective treatment theories and practices, and the latest research findings to provide the foundation for a better understanding of this complex disorder.
- For parents, and siblings of someone struggling with out-of-control emotions
- To help participants obtain the latest knowledge and to develop skills for their own well-being

Course Content

Topics addressed include:

- Emotional Regulation Skills
- Effective Communication Skills
- Family Perspectives and Experiences
- Validation Skills
- Relationship Mindfulness Skills
- Problem Management Skills

Goals

- Increasing your ability to focus on what you want without getting distracted
- Being non-judge mental towards self and others
- Surviving painful emotions (without doing things which are impulsive or self-destructive)
- Distracting from painful emotions
- Self-soothing
- Talking yourself out of doing impulsive or hurtful things that you would regret later

Skills

DBT applies a variety of skills to help with difficult problems:

- Self-harming behavior
- Personal crisis
- Depression and anxiety
- Anger
- Disorganized thought
- Relationship problems
- Trauma
- Severe dysfunctional behavior

Core Mindfulness Skills

The core mindfulness skills are derived from certain techniques of Buddhist meditation. DBT utilizes mindfulness as an essential psychological technique. Mindfulness is a skill that helps quiet your mind with the general goal of softening defeating thoughts and painful emotions.