

Understanding Dialectical Behavior Therapy (DBT)

1. What is Dialectical Behavior Therapy (DBT)?

Dialectical Behavior Therapy (DBT) is a mindfulness-based approach that helps people manage emotions, improve relationships, and build resilience. Developed by Dr. Marsha Linehan, DBT combines acceptance and change—helping you honor your experiences while learning new skills to cope more effectively. DBT teaches practical tools in four key areas: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. It focuses on creating balance—learning to accept yourself as you are while also working toward growth and healing. DBT is compassionate, structured, and empowering, offering hope for those navigating strong emotions or challenging life situations.

2. What can DBT help with?

DBT can be helpful for anyone who experiences intense emotions, struggles with relationships, or finds it hard to cope in moments of distress. It offers skills to stay grounded, reduce emotional suffering, and respond to life's challenges with greater clarity and compassion. DBT can help with:

- Emotional regulation and mood swings
- Anxiety and depression
- Trauma and post-traumatic stress
- Self-harm or suicidal thoughts
- Borderline Personality Disorder (BPD)
- Relationship difficulties or conflict
- Impulsivity or addictive behaviors

By practicing DBT skills, many people find more stability, peace, and self-acceptance in their daily lives.

■ *This information is provided for educational purposes and is inspired by trauma-informed care principles.*

Source: Linehan Institute / Behavioral Tech.