

# West Niagara Psychology Centre

www.westniagarapsychology.ca

## Dialectical Behavioral Therapy (DBT)

Dialectical Behavioral Therapy or DBT is a psychological intervention that is found to be effective for individuals who experience emotions very intensely. Developed by a psychologist named Marsha Linehan, DBT is based on cognitive behavior therapy (CBT), focusing on helping you to change unhelpful ways of thinking and behaving, although it differs in the focus on accepting who you are at the same time. The goal of DBT is to help learn to manage difficult emotions by letting yourself experience, recognize and accept them. A trained therapist can offer interventions of DBT treatment through a skills group and individual therapy for all age groups. Current research reports evidence in benefiting a wide variety of problems associated with emotional dysregulation such as depression, anxiety, BDP, dysphoria, self harming, unstable relationships, eating problems, and emotional “meltdowns”.

There are four skill modules in DBT including:

- *Distress tolerance* learning how to deal with crises in a more effective way, without having to resort to negative coping or problematic behaviors.
- *Emotional Regulation* developing a set of skills you can use to understand, be more aware and have more control over your emotions.
- *Mindfulness* building a set of skills that help you focus your attention and live your life in the present, rather than being distracted by worries about the past or the future.
- *Interpersonal Effectiveness Skills* teaches you to ask for things and say no to other people, while maintaining your self-respect and important relationships.

## Quote of the Month

“To let go does not mean to get rid of. To let go means to let be.

When we let be with compassion, things come and go on their own.”

Jack Kornfield

## BOOKS & RESOURCES

The DBT Skills Workbook  
By Matthew McKay

Calming the Emotional Storm  
By Sherri Van Dijk

Surviving the Emotional Roller Coaster  
By Sherri Van Dijk

APPS: Moodnotes, Pacifica,  
Daily DBT Diary, Calm,  
Headspace.

## Fall Groups

- Master Your Stress: Methods to Reduce Stress Through Multiple Modalities – next group starts in October – call now to reserve your spot.