

Dialectical Behavior Therapy (DBT)

Dialectical Behavior Therapy (DBT) is a skills-based approach that gives you skills to help you accept and manage emotions, stress, and relationship challenges. The goal is to give you tools to make life feel more manageable. Through DBT, the main skills you learn are:

- **Mindfulness:** noticing what you're feeling and thinking without judging yourself.
- **Emotion regulation:** understanding emotions and learning ways to calm intense feelings.
- **Distress tolerance:** getting through tough moments without making things worse.
- **Interpersonal effectiveness:** communicating needs, setting boundaries, and maintaining relationships.

DBT often includes:

- Learning skills to cope with strong emotions and difficult situations.
- Practicing those skills in real life between sessions.
- Talking through what worked and what didn't with a therapist or group.

Some people do DBT one-on-one with a therapist, some learn the skills in a group or class, and others do a mix of both. In groups, DBT is more like a class than group therapy. You learn specific tools and practice using them.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.