



TRAUMA THERAPIES

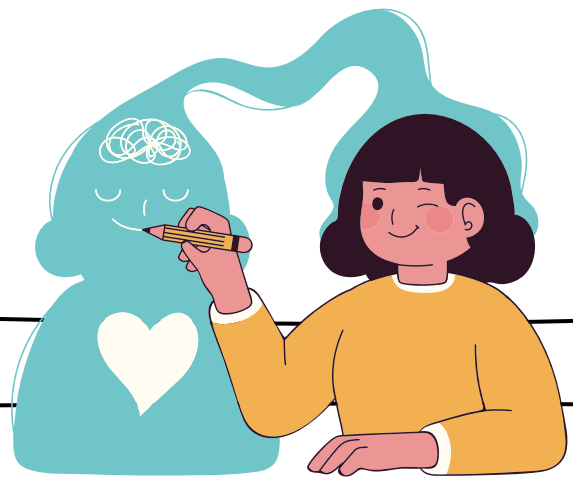
DIALECTICAL BEHAVIOR THERAPY

OVERVIEW

Dialectical Behavior Therapy (DBT) was created by Dr. Marsha Linehan in the late 1980s. It integrates cognitive-behavioral techniques with mindfulness practices derived from Zen traditions.

DBT is a cognitive-behavioral treatment that emphasizes balancing acceptance with change. It helps clients manage overwhelming emotions, reduce harmful behaviors, and improve relationships.

For example, a client who feels intense anger might learn mindfulness skills to notice the emotion without reacting impulsively, and use distress tolerance tools to ride the wave until the anger subsides.



HOW IT WORKS

The therapy is built around the dialectic of acceptance and change. Clients learn to accept their current reality while also developing skills to create meaningful change.

DBT is structured around four key modules:

1. MINDFULNESS

Staying grounded in the present moment without judgment.

2. DISTRESS TOLERANCE

Learning to cope with crises without making them worse.

3. EMOTION REGULATION

Understanding and managing intense emotions.

4. INTERPERSONAL EFFECTIVENESS

Building healthy communication and setting boundaries.

USEFUL TOOLS

STOP SKILL

Stop, Take a step back,
Observe, Proceed mindfully.

TIPP SKILL

Temperature change, Intense
exercise, Paced breathing,
Progressive relaxation.

DEAR MAN

A structured way to ask for
what you need in relationships.

WISE MIND

Balancing emotional mind and
rational mind.

INTERESTING FACTS

- DBT was the first therapy shown to be effective for borderline personality disorder.
- DBT has since expanded to trauma treatment, substance use, and eating disorders.
- Research shows DBT significantly reduces suicidal behaviors and hospitalizations.

CONCLUSION

Dialectical Behavior Therapy has strong evidence supporting its use for trauma, PTSD, depression, eating disorders, and self-harm behaviors. It is widely used in both individual therapy and group skills training.

DBT equips individuals with tools to manage distress, regulate emotions, and build healthier relationships. It is a life-saving approach for many struggling with the aftermath of trauma.