

Can I Benefit From DBT?

Originally developed by psychologist Marsha M. Linehan for clients with borderline personality disorder, Dialectical Behavioral Therapy (DBT) is now being adapted for use in other populations. .

If you want to change target behaviors and improve your quality of life, coping skills training can help.

DBT is being used to effectively address problem behaviors such as:

- Ongoing conflicts in relationships
- Intense and rapid mood changes
- Inability to relax
- Substance abuse
- Holding in your anger, then “blowing up” at others
- Impulsive or reactive decisions you often regret
- Overeating
- Spending too much
- Trouble recognizing choice
- Feeling overwhelmed
- Avoiding responsibilities, people, or events
- “Numbing out” in response to fear, anger, etc.

What Is Dialectical Behavioral Therapy (DBT) and What Will I Learn?

The life skills training component of DBT features classes that are structured so that you will progress through — and master — four different sets of skills.

Mindfulness

The sessions start with an introduction to the Zen Buddhist concept of “mindfulness.” This encourages you to:

- increase your ability to observe, describe and participate in life
- live your life in the current moment — accept reality — and yourself — without judgment

Distress Tolerance

Next, the class teaches distress tolerance skills. DBT emphasizes learning the skills of:

- tolerating and surviving a crisis
- accepting life as it is in the moment
- meeting pain head on to actually reduce suffering

Emotion Regulation

The third curriculum module centers on emotion regulation skills. DBT classes help you to:

- identify and label emotions, thus increasing your “emotional vocabulary”
- identify obstacles to changing your emotions.
- reduce vulnerability to negative emotions
- enhance positive emotional events

Interpersonal Effectiveness

The last classes focuses on interpersonal effectiveness skills:

- building mastery and self-respect
- balancing your priorities with the demands in your life
- saying “no”
- resisting pressure
- maintaining a position or point of view
- how to ask for things
- how to initiate a discussion
- effective conflict resolution

These skills are intended to increase your ability to meet your goals, while enhancing relationships and increasing your self-respect.

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