

“Crying was the worst for me. I used to cry at the drop of a hat, but I have a lot more control over it now. I can say, ‘Well this is bad now, but it’s not going to be bad forever.’”

What is Dialectical Behavior Therapy (DBT)?

DBT is a systematic cognitive behavioral approach to working with individuals who meet criteria for Borderline Personality Disorder, especially those with chronic patterns of suicidal or other severe dysfunctional behaviors such as substance abuse.

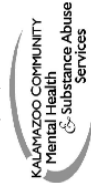
Based on a dialectical and biosocial theory of Borderline Personality Disorder developed by psychologist, Dr. Marsha Linehan, this approach has been shown to effectively reduce suicidal behavior, drop-out from treatment, psychiatric hospitalization, anger and interpersonal difficulties.

“If they ask for a favor, I am much more likely to weigh it out and say ‘Okay’ or ‘No, I can’t do that’ or ‘I can do part of that.’ But I can use my judgment more and I listen to myself more.”

Affiliated with Behavioral
Technology Transfer Group



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Center for DBT Services

InterAct

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Dialectical Behavior Therapy

Help for Those Who
Hurt Themselves

"I can go on vacation or go on an outing and enjoy it, not be angry at the way every single person in the place looked at me or... bumped into me."

Who Provides DBT?

The Center for DBT Services, a program of InterAct, has provided DBT since 1995. Licensed therapists at the Center have been trained at the Behavioral Technology Transfer Group in Seattle, Washington as well as at national and regional conferences. The Center also has weekly training and support for DBT therapists. Some Center staff are now providing DBT training at national and regional conferences.

"I was never really happy. I didn't smile a whole lot. I never really enjoyed anything, and now I can just be happy and smile. I mean life isn't great everyday, but you can make it good. You know, you can see what you are doing and use the skills to turn it around."

"Before I got into DBT it just seemed like the only solution to my problem was hospitalization, and I was hospitalized quite frequently. Since I have been in DBT, I haven't been hospitalized."

Skills Training

DBT is based on the acquisition of 18 skills contained in four specific skills training modules. Learning and using these skills decreases behaviors that result in chaotic relationships, rapidly changing emotions, anxiety, depression, hospitalizations, use of emergency rooms and difficulty with work and leisure activities. Weekly skills training is provided at the Center for DBT Services in both group and individual settings with trained facilitators. A commitment to learning the skills is essential to success in DBT.

Individual Therapy

Studies indicate the combination of skills training and individual therapy results in the best therapeutic outcome. An individual therapist provides additional support and education to assist in generalizing the skills to daily life. Typically, individual therapy is provided weekly by a DBT trained therapist.

"I have bad days, but it's not every day like it was before."

"I didn't know what hope was. I know now... Before, hope was just a word you would cut out of a magazine, now I have it internally."

Referrals

If you are interested in DBT treatment or would like more information about this service, please contact:

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"I don't do anything impulsive anymore... I used to slice on my arms and burn myself and put my fists through walls. I don't do that anymore. I just stop and say, 'Well, I don't think I'm in wise mind anymore.'"