

DBT



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RECOVERY. RESILIENCE. RESURGENCE.

<http://antarman.goadoctor.co.in>



The context



- DBT was developed by Marsha M Linehan to help better treat pts with BPD.

Their characteristics:

- Had history of trauma
- Were prone to react in a more intense and out-of-the-ordinary manner towards emotional situations.
- Have extreme mood swings, black-or-white thinking, always in crisis.



DBT components

- **Weekly individual therapy sessions**
- Addressing self-harm or suicidal behaviours
- Problem solving approach for past week's issues/ crisis
- Helping cope with past trauma
- Enhance self image

- **Weekly group therapy sessions**
- Interpersonal effectiveness
- Distress tolerance skills
- Emotional regulation
- Mindfulness skills

DBT modules



Interpersonal effectiveness

- Effective way of asking what one needs
- Learning to say 'no'
- Coping with interpersonal conflict

Emotional regulation

- Identifying and labelling emotions
- Emotional mind v/s wise mind
- Taking opposing action



DBT modules.. contd



- Distress tolerance and mindfulness:
‘acceptance of reality is not approval of reality’.
This involves tolerating and surviving crisis with accepting life as it is in the moment.
Distracting, Self-soothing, Improving the moment,
Thinking of Pros and Cons.