

THERAPEUTIC APPROACHES

Dialectical Behaviour Therapy

DBT builds concrete skills for managing intense emotion, tolerating distress without making things worse, and holding relationships steady under pressure.

The four skill domains are mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

BEST SUITED TO

- Emotion dysregulation, rapid mood shifts, reactivity that the client later regrets
- Self harm urges, crisis driven presentations and frequent escalation
- Borderline personality presentations and emerging personality difficulties in adolescence
- Impulsivity, anger, conflict in close relationships
- Clients who need stabilisation and skills before deeper trauma work can safely begin

TYPICAL COURSE

Skills are taught alongside individual therapy and practised between sessions.

Please note: we offer DBT informed individual work rather than full adherent DBT with a 24 hour phone coaching component. This is relevant if your patient requires a comprehensive program.

INDICATIVE DIAGNOSES

Borderline personality disorder; emerging personality disorder in adolescence; non suicidal self injury; bulimia nervosa and binge eating disorder; substance use disorders; PTSD with marked dysregulation; and emotion dysregulation associated with ADHD.

This list is indicative rather than exhaustive. Diagnosis guides the choice of approach but does not determine it on its own.