



About

Advice

FAQ

Reviews

Counselor Jobs

Contact

Login

Get started

About

Advice

FAQ

Reviews

Counselor Jobs

Contact

Login

Get started





[About](#)

[Advice](#)

[FAQ](#)

[Reviews](#)

[Counselor Jobs](#)

[Contact](#)

[Login](#)

[Get started](#)

intense and creating a problem in a person's life

- Interpersonal effectiveness: techniques that allow someone to communicate with others in a way that's assertive, allows for self-respect to be maintained, and strengthen the relationship of a person

It's a way to help with managing painful emotions and conditions that can be there, and it's important to know that while it was originally used for BPD, it's actually expanding into other fronts.

When Is DBT Used?

It was originally used to treat borderline personality disorder. But, it can help treat those that experience depression, binge-eating, bulimia, PTSD, bipolar disorder, or even any form of substance abuse. DBT skills are thought to help those improve and regulate their emotions, allowing for more tolerance of distress and negative emotion, allowing the person to be mindful and present within the moment, improving communication, and the ability to interact with others better.

Why Does DBT Teach Skills



[About](#)

[Advice](#)

[FAQ](#)

[Reviews](#)

[Counselor Jobs](#)

[Contact](#)

[Login](#)

[Get started](#)

The reason as to why this teaches skills to cope, rather than just addressing problems, is because behaviors that are a problematic start to evolve as a way to cope with either a situation or a means to solve a problem. While in a person this can provide temporary relief or something that can help in the short-term, it's not helpful in the long-term. DBT assumes that clients are trying as best as possible and that they need to learn behaviors in different contexts. DBT helps with the capabilities of an individual by teaching these different skills. These will allow the person to navigate and handle situations within everyday life, or manage the challenges that get too big for this. These skills, according to Linehan, are a huge part of building a life that's worth living.

It can help with different case management as well since it will teach the client to be their case manager. The therapist in many of these cases is more of a consultant and can interact and stop anything as necessary.

How Does It Work?

DBT is mainly categorized as cognitive therapy. Now, originally since it was used for those with BPD, let's go over how it works with those that have BPD.

Those that suffer from BPD have very extremely negative emotions, all of which are very hard for a person to change and manage. They can be intense, and uncontrollable emotions and these become a problem when they're interacting with other people, including friends, romantic partners, and even their own family. They experience a ton of conflict in their relationships, which doesn't benefit anyone really, including the individual that's suffering.

It's influenced by the philosophy of dialectics, which is essentially balancing out the behavioral opposites. The therapist will work with you to find the different ways these two different perspectives are influencing you. And while they may be opposites, with the proper balance of these two and avoiding each of these extremes

[About](#)[Advice](#)[FAQ](#)[Reviews](#)[Counselor Jobs](#)[Contact](#)[Login](#)[Get started](#)

Are You Interested In Learning More About When DBT Is Used?

Speak With A Professional - Sign Up Today

Source: [pexels.com](https://www.pexels.com)

This type of therapy does consist of both groups and one-on-one types of situations. The therapist can occasionally be seen as a sort of coach to the person that's here. Usually, the individualistic therapy sessions are one-on-one contact, and all of the therapeutic needs are addressed. The goal of the person who is helping the client is to keep the person motivated, and helps them apply these skills in their life, and address any obstacles that might arise during treatment.



[About](#)

[Advice](#)

[FAQ](#)

[Reviews](#)

[Counselor Jobs](#)

[Contact](#)

[Login](#)

[Get started](#)

skills and exercises. The group members are given some homework, including mindfulness exercises, and other types of regulation.

The group aspect of this is usually about two hours, and they meet weekly for six months, more or less depending on the needs that people have. DBT is done in different ways, depending on the client and the therapist. Some people don't need the skills groups, but others might like to have the skills groups since they work better with others. Ultimately, it's up to you to figure out what you need for yourself and have the correct therapy delivered based on personal needs.

Get Help!