

# DIALECTICAL BEHAVIOR THERAPY

## DBT THERAPY



### About DBT Therapy

Dialectical Behavior Therapy (DBT) teaches people strategies to help them live their best and most productive lives. DBT is often used to help people with depression, anxiety, borderline personality disorders, addictions, eating disorders, and PTSD.

There are four core skill sets that you master to help you problem-solve and deal with issues:

- Mindfulness - the core skill in DBT is non-judgmentally observing yourself and your surroundings. You will become more aware of the physical and mental triggers that cause runaway emotions.
- Distress Tolerance - deal with painful situations. When you can't change the situation, learn to tolerate it, accept it, and move forward.
- Emotion Regulation - learning to make your emotions work for you. Learn to recognize when an emotion is unproductive and change it into a more productive feeling.
- Interpersonal Skills - change how you communicate to get more out of your relationships. Learn to share what you want. Become comfortable saying no.

For more information on DBT therapy, go to <https://dialecticalbehaviortherapy.com/>



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— HEALTH NETWORK —

For more information about accessing services or to speak to a crisis worker, please call our 24/7 switchboard at 989-463-4971 or 800-600-5583.