

Dialectical Behavior Therapy

Definition

Dialectical Behavior Therapy (DBT) is a therapy method focused on emotional regulation, mindfulness, and interpersonal skills, primarily used for borderline personality disorder and emotional challenges.

Advantages

- Evidence-Based
- Reduction in Harmful Behaviors
- Holistic Approach
- Versatility
- Enhanced Self-awareness

Conditions Treated

- Depression
- Bipolar Disorder
- Substance Use Disorders
- PTSD
- Eating Disorders
- Anxiety Disorders
- ADHD
- Self-Harm and Suicidal Behaviors

Clinical Procedures For Behavior Therapy

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