



## DBT Helps Individuals with BPD

### DBT: A Life-Saving, Cognitive-Behavioral Treatment

Over 30 years of research have demonstrated the effectiveness of Dialectical Behavior Therapy (DBT) for people diagnosed with borderline personality disorder (BPD). BPD is a severe and complex disorder characterized by pervasive instability in emotions, behavior, relationships, and thoughts. Among individuals with BPD, DBT has been found to be effective in reducing suicide attempts, non-suicidal self-injury, suicidal ideation, psychiatric hospitalizations, hopelessness, and anger while also improving treatment retention, social adjustment, and general functioning. In addition, DBT has been shown to effectively treat co-occurring substance use disorders, major depressive disorder, PTSD, and

eating disorders among individuals with BPD.

Based on this extensive research, DBT has been recognized by the Cochrane Collaboration as the treatment with the strongest evidence of efficacy for BPD and as having “strong research support” for BPD by Division 12 of the American Psychological Association. Of note, several recent studies have also found DBT to be effective in reducing suicidal and self-harming behaviors, suicidal ideation, and depression among adolescents exhibiting BPD traits, suggesting it may be helpful in preventing at-risk individuals from progressing to meeting full diagnostic criteria for BPD.

### How DBT Helps

DBT views BPD as a disorder of pervasive emotion dysregulation, which means frequent, intense emotional responses that the individual finds difficult to change. In DBT, most behaviors associated with BPD are viewed as attempts to regulate intense emotions or as outcomes of emotion dysregulation. For example, suicidal and self-harming behaviors are often used to reduce painful emotions, whereas difficulty controlling intense emotions may lead to impulsive behaviors and unstable relationships. DBT works by helping individuals with BPD learn effective strategies for regulating emotions in order to achieve more balanced emotions, behaviors, and thoughts.

DBT includes four primary modes of treatment. Clients receive group skills training to learn the DBT skills of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. In addition, clients receive individual therapy focused on applying the skills and strategies of DBT to help them achieve their specific treatment goals. Clients also receive coaching from their individual therapists between sessions when they need help using DBT skills or for crisis situations. DBT therapists also participate in a therapist consultation team focused on helping them to provide the most effective treatment possible.



Behavioral Tech is the original DBT training company founded by Dr. Marsha Linehan, who developed DBT. We have provided DBT training based on the latest research developments since 1997 to over 40,000 people. Whether you are an individual practitioner or the administrator of a complex system, our expert trainers and varied learning formats can help you meet your DBT training goals. We work with you to implement comprehensive DBT according to the evidence-based model while adapting it to the specific needs of your clinic and clients.

## Levels of Training

Four levels of training help you navigate the process of learning DBT. If you have any questions, please contact us at 206-675-8588 or [info@behavioraltech.org](mailto:info@behavioraltech.org).



### Level 1 - Introductory

Learn about DBT and assess if DBT is right for your practice and your clients.

### Level 2 - Essentials

Level 2 options address the essentials of behavior therapy, DBT, and other treatments. These courses are appropriate for clinicians and providers at every stage of professional development.

### Level 3 - Comprehensive Training in Standard DBT

Level 3 trainings are the best choice for individuals and teams who seek in-depth training to start a DBT program or train new staff members. These options also meet criteria for DBT certification and are required for anyone interested in Level 4 training.

### Level 4 - Advanced Training and Adaptations

Level 4 trainings allow experienced DBT therapists to advance and sustain their DBT knowledge. Learn how to adapt DBT for specific client populations or choose an advanced training designed to address the needs of seasoned DBT clinicians. Advanced trainings are led by world-renowned DBT experts who have pioneered clinical adaptations and research in highly requested, specialized content.

## Learning Formats

### In-Person Training

In-person events offer participants the chance to learn directly from our first-class training experts. Trainers mix lecture with more experiential learning methods such as role plays, review of footage from real DBT treatment sessions, and discussion. Our current public training calendar can be viewed at [behavioraltech.org/schedule](http://behavioraltech.org/schedule).

Contact us to discuss private training options and how Behavioral Tech can support your agency as you implement DBT.

### Consultation

Consultation services are a personalized way to enhance individual's clinical skills or grow DBT programs. Consultants can provide support at any level of learning. Schedule consultations as needed or on an ongoing basis.

### Online Training

We offer seven self-paced courses that allow you to learn the essentials of DBT and other therapies from work or home. The online training courses work on desktop or laptop computers.

### Supplemental Resources

We carry books, CDs, and DVDs to support your learning. These resources are a blend of clinician- and client-focused content. Additionally, we offer software to support clinicians in assessing and managing suicide risk. Visit [behavioraltech.org/LSSN](http://behavioraltech.org/LSSN) to learn more

### Webinars

Live webinars feature DBT experts speaking from their areas of specialty. Webinars offer informative overviews of DBT as it is practiced in various settings and populations.