



## DBT Helps Individuals with Eating Disorders

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

Dialectical behavior therapy (DBT) is a comprehensive treatment developed for individuals with complex clinical presentations and multiple comorbidities. Although DBT has most commonly been applied to individuals with borderline personality disorder, it has also been shown to be effective for a range of other disorders in which emotion dysregulation plays an important role, including eating disorders. Among individuals whose primary problem is binge eating disorder or bulimia nervosa, DBT group skills training has been found to be more effective than control groups at reducing binge eating,

binge/purge behaviors, and other types of eating-related problems (e.g., eating and weight concerns). Some research also supports the use of comprehensive DBT, including individual therapy and group skills training, for individuals for whom disordered eating is one of many complex problems they experience. For example, comprehensive DBT has been found to lead to high rates of diagnostic remission of eating disorders (64%) among suicidal and self-injuring women with borderline personality disorder

### How DBT Helps

DBT offers an emotion-regulation approach to treating eating disorders by helping sufferers to cope more effectively with the challenging emotions that lead to problematic eating behaviors. DBT for eating disorders works by helping people to understand the typical patterns that lead them to engage in eating disorder behaviors, and to learn skills to increase their ability to tolerate and reduce difficult emotions without turning to these behaviors.

For individuals whose primary problem is an eating disorder, DBT group skills training may be used as a stand-alone treatment to help them learn the DBT skills of mindfulness, emotion regulation, distress tolerance,

and interpersonal effectiveness. For individuals who have an eating disorder as well as multiple other complex problems, comprehensive DBT is typically provided. In addition to DBT group skills training, these clients also receive individual therapy focused on applying the skills and strategies of DBT to help them achieve their specific treatment goals, including improving disordered eating. 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.



# Learn DBT with Behavioral Tech

Behavioral Tech is the original DBT training company founded by Dr. Marsha Linehan, the developer of DBT. We have provided DBT training based on the latest research developments since 1997. 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.



### 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).

We provide private training for agencies, which allows administrators to customize training to meet your implementation goals. Depending on your location and topic interest, we may also be able to partner with your agency to co-host a public training.

### 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.

### 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.