DBT Helps Individuals at High Risk for Suicide

DBT: A Life-Saving, Cognitive-Behavioral Treatment

Dialectical Behavior Therapy (DBT) was developed to treat individuals at high risk for suicide, particularly those with recent and repeated suicide attempts and non-suicidal self-injury. In DBT, reducing life-threatening behaviors is the top priority of treatment, and individuals interested in receiving DBT are asked to commit to this treatment goal. During treatment, DBT directly and specifically targets suicidal and self-injurious thoughts and behaviors and minimizes the use of psychiatric hospitalization to manage episodes of acute suicide risk. DBT is the most-studied treatment available for suicidal behavior, and extensive research indicates that DBT is effective in reducing suicide attempts, suicidal ideation, and non-suicidal self-injury. For example, DBT has been found to decrease the rate of suicide attempts by 50% in comparison to non-behavioral treatment by community experts. Accordingly, DBT is identified in the U.S. National Strategy for Suicide Prevention as an evidence-based treatment that aligns with the goal of providing suicide-specific interventions to high-risk individuals in the least restrictive setting.

How DBT Helps

DBT views suicidal behavior as an individual’s attempt to solve a problem that otherwise feels unsolvable. DBT works by helping clients to better understand the factors that are contributing to suicidal and self-injurious behaviors and to identify and use more adaptive problem-solving strategies. For example, clients learn DBT skills that can be used to tolerate urges to engage in these behaviors, reduce painful emotions without resorting to life-threatening behaviors, and improve difficult relationships that may be contributing to suicide risk. In addition, DBT therapists use a detailed protocol to assess and manage episodes of increased suicide risk. 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 provide the most effective treatment possible.
Learn DBT with Behavioral Tech

Behavioral Tech is a DBT training company founded by the original developer of DBT, Dr. Marsha Linehan. We have provided DBT training based on the latest research developments since 1997 to over 40,000 people. Whether you are: 1) an individual practitioner or 2) 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.

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. 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 an 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. We also have Online Comprehensive Programs including: DBT Foundational, DBT Intensive, and DBT Intensive Plus (for individuals needing a DBT consultation team). For more information, visit: behavioraltech.org/training/online-training-courses-2/.

Supplemental Resources
We carry books, CDs, and DVDs to support your learning. These resources are a blend of clinician- and client-focused content.

Webinars
Our 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.