

Dialectical Behavioral Therapy (DBT) is an evidence-based, therapeutic approach aimed at empowering individuals to reclaim control of their emotions by learning coping skills in the areas of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Originally developed in the 1980s to treat people struggling with chronic suicidality and self-injurious behaviors, its use has extended to other populations, including those with chronic pain and/or other chronic health conditions, personality disorders, eating disorders, substance use disorders, and traumatic brain injuries. Traditional DBT programs can be delivered in either inpatient or outpatient settings, and may include a combination of weekly individual counseling, group-based skills-training classes, and case management via phone or telehealth. With mindfulness-based grounding techniques as the bedrock of all other DBT skills, clients develop strategies to prepare for and deal with daily stressors that previously overwhelmed their ability to cope effectively. The goal of DBT is to empower individuals to create a life worth living by learning how to live in the moment, engage in healthy coping strategies, regulate emotions, and improve relationships with others.

For more information about DBT, including links to training, resources, and research, please visit:

<https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/>

For those implementing DBT in an in-patient medical population setting, the following article may be of interest:

Huffman, J. C., Stern, T. A., Harley, R. M., & Lundy, N. A. (2003). The Use of DBT Skills in the Treatment of Difficult Patients in the General Hospital. *Psychosomatics*, 44(5), 421–429.