

# DBT

is a skills based therapy.

It teaches practical skills which you can use straight away.

## Mindfulness

Skills to help us pay attention, in the moment, on purpose, without judgment.

## Distress tolerance

Skills to help us manage moments of distress, while not making things worse.

DBT Consists of 4 modules

## Emotional regulation

Skills to help us understand and manage our emotions and reduce our emotional vulnerability.

## Interpersonal effectiveness

Skills to support healthy relationships with others, while protecting ourselves.

DBT validates our experiences and does not seek to change who we are.

DBT assumes that we are doing the best that we can whilst also giving us skills to help us make the changes we want in our lives.