



# DBT: DIALECTIC BEHAVIOURAL THERAPY

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### WHAT IS IT?

DBT is a type of cognitive behavioural therapy developed by Dr. Marsha Linehan in the 1980s to work with people with borderline personality disorder. As the name suggests, it is derived from the philosophical perspective of dialectics: balancing opposites. There is consistent work done to find ways to hold two seemingly opposite perspectives at once.

To account for this balance, DBT promotes a **both-and** rather than an **either-or** outlook. The concept that everything is built of opposites and that changes would occur when one opposing force is stronger than the other, or in other terms—thesis, antithesis, and synthesis.

The **basic assumptions** of the Dialectics are:

- All things are interconnected.
- Change is constant and inevitable.
- Opposites can be integrated to form a closer approximation of the truth.

### GOALS OF DBT

- To teach people how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others.
- To resolve the contradiction between self-acceptance and change in order to bring about positive changes in oneself.

### WHEN CAN IT BE USED?

DBT skills can be used by anyone when they want to improve their ability to regulate emotions, tolerate distress and negative emotions, be mindful and present in the moment and interact effectively with others.

# Manual For Dialectic Behavior Therapy

**Michael Brown**



## **Manual For Dialectic Behavior Therapy:**

## Whispering the Secrets of Language: An Psychological Quest through **Manual For Dialectic Behavior Therapy**

In a digitally-driven world wherever displays reign great and quick transmission drowns out the subtleties of language, the profound techniques and mental subtleties concealed within words frequently get unheard. Yet, set within the pages of **Manual For Dialectic Behavior Therapy** a captivating literary treasure pulsating with natural feelings, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, this enchanting opus encourages viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the mental depths with this poignant evaluation, we shall embark upon a honest exploration of the book is key subjects, dissect their fascinating publishing design, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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