



DIALECTICAL BEHAVIOR THERAPY (DBT)

an evidence-based psychological approach developed by Dr. Marsha Linehan to help individuals who experience intense emotional dysregulation. It emerged from Cognitive Behavioral Therapy (CBT) but added an essential human dimension — acceptance and mindfulness.

DBT IS STRUCTURED AROUND FOUR CORE SKILL MODULES

This dialectical stance helps clients move away from rigid “all-or-nothing” thinking toward balance and integration.

Mindfulness – cultivating awareness of the present moment without judgment

Emotion Regulation – identifying and managing emotional responses effectively

Distress Tolerance – learning how to survive crises and tolerate emotional pain safely



Interpersonal Effectiveness – building healthy communication and boundaries in relationships

WHAT MAKES DBT UNIQUE IS ITS VALIDATION APPROACH

Rather than labeling emotions as “wrong,” it teaches individuals to validate what they feel while still learning constructive ways to respond.

In therapy or coaching contexts, DBT offers tools to navigate emotional storms, improve self-control, and develop a deeper sense of self-acceptance.

Ultimately, DBT is not just about managing emotions — it’s about transforming the relationship a person has with themselves and others, through awareness, acceptance, and balance.

“In DBT, we don’t suppress emotions — we learn to dance with them, not drown in them.”

