

Cognitive Behavior Therapy

Dialectical Behavior Therapy (DBT)

DBT was originally developed as a broad array of cognitive and behavior therapy strategies addressed to the problems of Borderline Personality Disorder, including suicidal behaviors. More recently, it has been increasingly used for people with Schizophrenia.

Stylistically, DBT blends a matter-of-fact, somewhat irreverent, and at times outrageous attitude about current and previous parasuicidal and other dysfunctional behaviors with therapist warmth, flexibility, responsiveness to the patient, and strategic self-disclosure. Emotion regulation, interpersonal effectiveness, distress tolerance, core mindfulness, and self-management skills are actively taught. In all modes of treatment, the application of these skills is encouraged and coached. Throughout treatment, the emphasis is on building and maintaining a positive, interpersonal, collaborative relationship between patient and therapist. A major characteristic of the therapeutic relationship is that the primary role of the therapist is as consultant to the patient, not as consultant to other individuals.