

## What is DBT?

Dialectical Behavioural Therapy is a talking therapy. It is based on CBT but has been adapted to help people who experience emotions very intensely.

It is used to treat a number of different mental health difficulties.

## Acceptance and Change

To help you achieve your goals, DBT therapists use a balance of acceptance and change techniques.

Acceptance – accepting yourself as you are

Change – making positive changes in your life

## DBT Fact Sheet

### Goals of DBT

The goal of DBT is to transform negative thinking patterns and destructive behaviours into positive outcomes.

It aims to help you learn to manage your difficult emotions by letting yourself experience, recognise and accept them. Then as you learn to accept and regulate your emotions, you also become more able to change your harmful behaviour.

### DBT at CAMHS

At your initial appointment treatment will be discussed and this may be DBT depending on your presenting difficulties.

We have a few clinicians able to deliver DBT at CAMHS and sessions will vary depending on what you want to work on,

Your clinician will discuss what is best for you and will explain fully how the sessions will work. It could include talking, practical activities or filling in worksheets.

<https://www.mind.org.uk/information-support/drugs-and-treatments/dialectical-behaviour-therapy-dbt/#.XUqZr JKipp>