



# WHAT IS DBT?

Dialectical Behaviour Therapy was developed by Marsha Linehan, a psychologist and professor of psychiatry and behavioural sciences.

DBT is designed to teach skills for emotional regulation and interpersonal relationships.

It is used to treat BPD/EUP/Emotional Intensity Disorder, anxiety, depression, post-traumatic stress disorder (ptsd), complex post-traumatic stress disorder (cptsd), addiction and eating disorders.

It is based on dialectical theory, which states that two opposing forces/opinions/feelings/statements can be valid at the same time.

Linehan studied under a Zen Master during the development of DBT and this is why mindfulness is a core skill.

DBT is something like Cognitive Behavioural Therapy (CBT) + Mindfulness on steroids.

adapted from: Linehan, (2015). 'DBT Skills Training Manual, 2nd ed.'

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