

DBT is designed for individuals who struggle with:

- Impulsive or reckless behaviors
- Intense and fluctuating emotions
- Stormy relationships
- Confusion about oneself
- Self-injury
- Suicidal behavior
- Chronic depression/anxiety
- Excessive worry
- Substance abuse
- Eating issues
- Chronic feelings of emptiness
- Anger management



- Group meets once a week for two hours in the evening
- First half is diary card review; second half is introduction to new skills
- Led by 2-3 therapists
- Attended by 6-10 members
- Cost: \$8 per session
- Requirements:
 - Attend a DBT Screening interview
 - See an individual therapist regularly

Florida State University Psychology Clinic

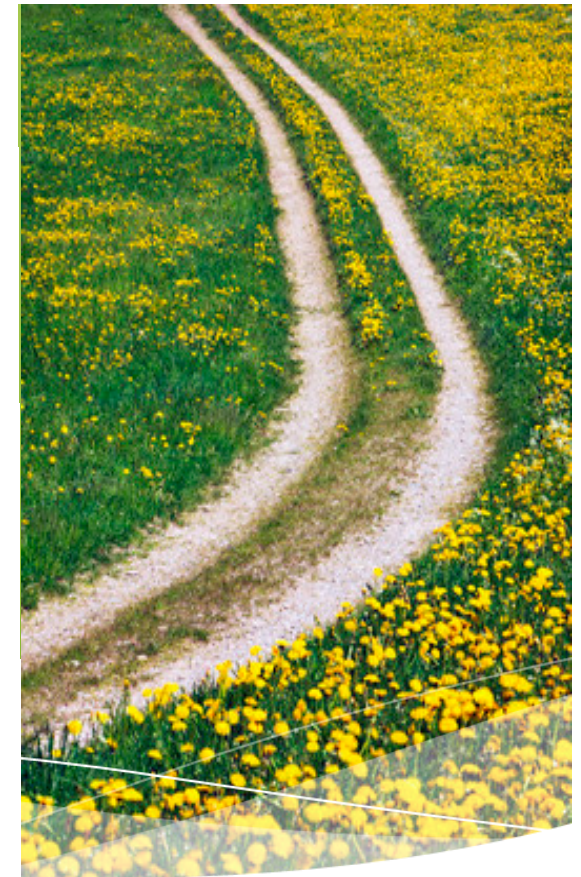
1107 West Call Street, Suite C-122
Tallahassee, FL 32306

Phone: 850.644.3006
Fax: 850.644.0924



Dialectical Behavior Therapy

Skills Training Group



Florida State University
Department of Psychology

What is DBT?

Dialectical Behavior Therapy (DBT) is an evidenced-based treatment designed to address interpersonal chaos, intense emotional swings, impulsivity, confusion about the self, and self-injurious behaviors. DBT balances empathy and acceptance with an unwavering commitment to changing problematic thoughts and behaviors. Through this balance, DBT focuses on changing emotional, behavioral, and thinking patterns associated with problems in living in order to create a life worth living.



Benefits of DBT

Core Mindfulness enhances the ability to balance “emotional” and “reasonable” states of mind. Skills focus on learning how to stay in the present moment and focus more effectively on one thing at a time.

Emotion Regulation focuses on the ability to recognize and understand emotions, decrease emotional vulnerability, and increase positive emotions.

Interpersonal Effectiveness focuses on evaluating priorities in interpersonal interactions and bolstering skills that help in being effective in those situations while maintaining self-respect.

Distress Tolerance strengthens the ability to get through a crisis effectively and accept life in the moment.