

Psychological Therapy Factsheet 7



This factsheet is about **Dialectical Behaviour Psychotherapy**. We call this **DBT** for short. **DBT** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.



What is DBT

DBT is a therapy for people who find it hard to cope with everything going on in their lives.

They might have been treated very badly as a child. Or they might hurt themselves to feel better. This is called **self-harm**.



How DBT helps you

DBT helps you to look at your every day problems and learn how to cope.



DBT helps you to control your mind and learn how to communicate with other people.

DBT helps you to stop doing bad things to yourself and to learn new skills instead



DBT helps you to understand how you feel about any bad things that have happened to you.



DBT helps you to cope with strong emotions and learn how to communicate with other people.

What happens in a DBT session



Your therapist will talk with you and decide how long your therapy will be.

You will have this kind of therapy on your own and as part of a group.



Your therapist will ask you to keep a diary about what happens in your therapy.



You can get extra support on the telephone if you need it.



You will need to commit to your therapy and go to every session if you can.

We might make checks on how you are doing and ask you questions.



You can find out more by going to this website

www.mind.org.uk