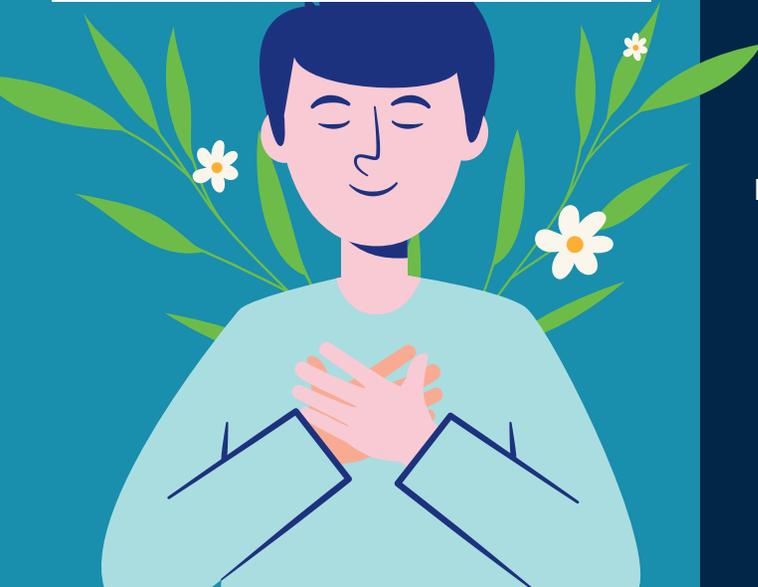


Dialectical Behavior Therapy (DBT):

An evidence-based psychotherapy that helps individuals through developing four key skills:



MINDFULNESS

To accept the present moment without judgment.

In DBT, it's taught through three "what" skills—observe, describe, participate—and three "how" skills—be nonjudgmental, focus on one thing at a time, and do what works right now.

EMOTIONAL REGULATION

Patient's gain the tools to understand and steer their feelings.

Patients must:

- Name their emotions
- Identify obstacles
- building uplifting moments to support change.





DISTRESS TOLERANCE

Individuals learn that experiencing distress and pain is an unavoidable aspect of life. However, by employing specific strategies, they can enhance their ability to tolerate and accept these challenging emotions.



INTERPERSONAL RELATIONSHIPS

Learn practical ways to stand your ground: confidently say no, make clear requests, work through conflict, and protect your self-respect as you grow new and lasting connections.



Dialectic Behavioral Therapy

A Guide for Patients and Families



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