

DBT SKILLS

Dialectical Behaviour Therapy Skills

Practical tools for navigating big emotions and difficult situations



WHAT ARE DBT SKILLS?

Dialectical Behaviour Therapy (DBT) provides practical skills that can help people better understand and manage emotions, relationships and stressful situations.

Beth can incorporate DBT-informed skills into Occupational Therapy according to your individual needs and goals.

FOUR KEY SKILL AREAS

MINDFULNESS

Learning to notice what's happening in the present moment without immediately reacting.

EMOTION REGULATION

Understanding emotions and developing strategies for responding to them.

DISTRESS TOLERANCE

Building practical ways to navigate difficult moments and manage distress.

INTERPERSONAL EFFECTIVENESS

Developing skills for communication, relationships, boundaries and asking for what you need.

PUTTING SKILLS INTO REAL LIFE

Learning a strategy is one thing. Using it when life becomes difficult is another.

Occupational Therapy can help you practise and adapt DBT-informed skills so they are practical and meaningful within your everyday routines, relationships and environments.

IS THIS SERVICE RIGHT FOR YOU?

DBT-informed skills may be helpful if managing strong emotions, stressful situations, communication or relationships is affecting your everyday life.

Beth can talk with you about the areas you'd like support with and whether DBT-informed strategies may be appropriate.

Ready to Make a Referral?

SCAN TO REFER



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