



OUTCOMES OF CLIENTS IN OUR DBT PROGRAM

Amanda Burlock and Margaret Hartstone have been providing Dialectical Behaviour Therapy (DBT) to clients with Borderline Personality Disorder (BPD) for more than 10 years. We have provided all DBT modes of treatment in private practice since 2012.

Here's a summary of outcomes reported by our private practice clients attending both individual DBT and group skills training...

- 84% of clients who commence group complete the program
- 81% report reduced levels of general distress
- 84% report reductions in depression symptoms
- 74% report reductions in anxiety symptoms
- 77% report reduced stress
- 81% report reduced symptoms of BPD overall
 - The average reduction in symptom severity was 56%!

Our routine evaluation also demonstrates that people completing our program in private practice report improved ability to regulate their emotion in 81% of cases! This includes:

- Increased awareness of effective emotion regulation strategies
- Increased ability to accept difficult emotions
- Increased ability to distinguish between emotions
- Reduced impulsiveness
- Increased awareness of emotions when they occur
- Increased ability to focus on goals when emotionally distressed

Recovery from BPD is possible with the right treatment and support!