

Dialectical Behaviour Therapy (DBT)

What is DBT?

Dialectical Behaviour Therapy (DBT) is a treatment package for people who experience difficulties in managing their emotions and engage in risky behaviours.

Who is DBT for?

You may benefit from DBT if you experience the following:

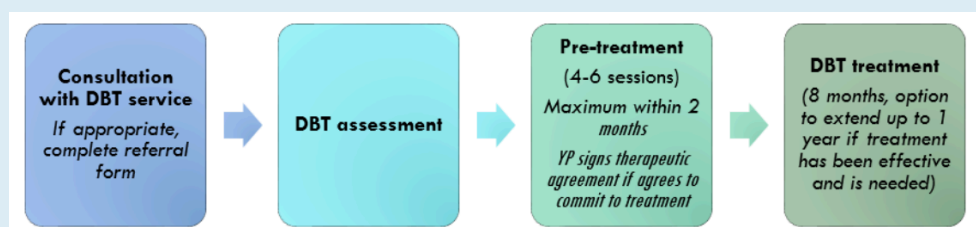


Goals of DBT

DBT aims to help you:

- Understand, accept or manage your feelings
- Build a life worth living
- Finding acceptance in who you are
- Making positive changes in your life
- Improving your relationships

DBT Pathway



What to expect

- 1:1 pre-treatment (4-6 sessions)
- 1:1 therapy. Typically involves weekly sessions for 8 months (can be extended up to a year)
- Telephone coaching
- Multifamily skills group once per week (24 sessions)
- Parenting sessions
- DBT family therapy as needed

Information about the DBT service

Boroughs the service covers

- City and Hackney
- Newham
- Tower hamlets

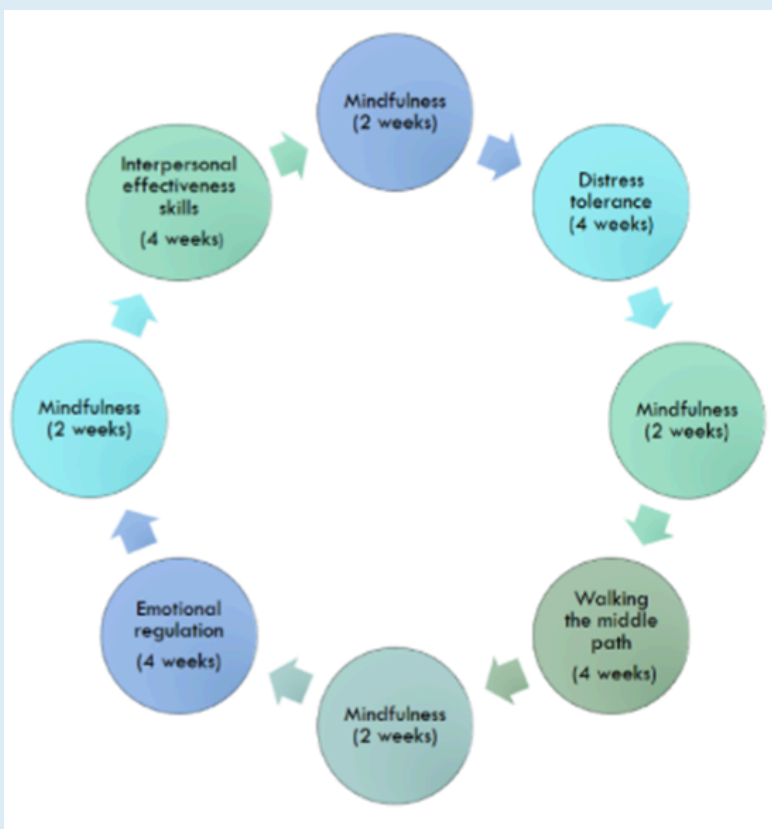
The DBT team

- 1x DBT lead therapist
- 3x DBT therapist
- 1x Assistant psychologist

Contact and working hours

- Monday - Friday (excluding bank holidays)
- 9am - 5pm

Multifamily skills group



Scan here to learn more about DBT

