

# Dialectical Behaviour Therapy

## How DBT can work for you

Dialectical behaviour therapy (DBT) is a type of cognitive-behavioral psychotherapy created by psychologist Marsha M. Linehan, which aims to manage overwhelming feelings such as anxiety, depression and anger.

DBT is also used to treat a variety of mental health issues including but not limited to borderline personality disorder and post-traumatic stress disorder. Research suggests that DBT appears to help reduce suicidal behaviors and behaviors that interfere with the therapeutic process.

## Psychosocial aspects of treatment are emphasized in DBT.



The theory backing the approach is that some individuals respond more intensely and emotionally in their relationships with others.



DBT theory suggests that the arousal levels in some people sky rocket in comparison to the average.



These individuals experience a higher level of emotional stimulation and require more time to arrive back to their baseline level.

## How DBT can work for you

DBT is support oriented, cognitive-based and collaborative. It can be conducted individually with your counsellor at CMHA Kenora or in a group setting.



Canadian Mental  
Health Association  
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For more information contact CMHA Kenora Branch  
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