



What is Dialectical Behavioural Therapy?

Dialectical behaviour therapy is a treatment designed specifically for people who self harm (e.g. self-injury, suicidal thoughts and behaviours).

Many people with these behaviours may have a disorder called Borderline Personality Disorder (BPD). People with BPD often have:

- Problems with relationships
- Strong feelings that are difficult to cope with
- Depression and anxiety
- Drug and alcohol problems
- Eating disorders

What will I do in DBT?

- Agree a contract to work with your DBT therapist
- Attend group and individual therapy

DBT is for people who want to change and make life better

BPD WORLD



Where to find us

Visit our website www.bpdworld.org for information, advice and support

Helpline: 0870 005 3273
Talk to an understanding volunteer

Info line: 0870 005 6787

Contact addresses and for the pen pal service:

BPDWORLD
22 Revenue Chambers
St Peters Street
Huddersfield
HD1 1DL

Registered Charity Number:
1111750

WWW.BPDWORLD.ORG

BPDWORLD

Providing Information, Advice & Support to those affected by Personality Disorder

0870 005 6787

Dialectical Behavioural Therapy



What causes Borderline Personality Disorder?

The causes of borderline personality disorder (BPD) are not yet fully understood. Researchers and clinicians believe, however, that there are probably two main factors that contribute to the development of BPD:

Emotional Vulnerability: It is believed that some people naturally experience emotions more intensely. For some, the brain might simply be 'hard wired' to experience stronger emotions. It has also been suggested that early experiences of severe emotional or physical trauma can cause changes in the brain that make the person experience more intense emotions.

Because of this emotional vulnerability, it can be very difficult for people to cope with their emotions. In many cases, self-harm behaviours are used to cope with very intense negative emotional experiences.

It is important to remember that emotional vulnerability is not likely to cause BPD by itself. The environment that the person grows up in is probably very important in the development of BPD.

Invalidating Environment: An invalidating environment is one where there is a lack of attention, respect and understanding. Many people with BPD will have experienced this growing up. In an invalidating environment, the child's problems and worries are not taken seriously. This can result in the child needing to behave in more and more extreme ways to communicate emotional distress to other people.

Another problem with this kind of environment is that it teaches the child that his or her feelings are not important. This means that people can grow up without a good understanding of their own emotions, and do not learn skills to cope with emotional distress

Group Therapy: There are four modules that will help you to learn new skills:

Emotional Regulation: Improving interpersonal relationships

Distress Tolerance: Managing crisis situations effectively without resorting to harmful and destructive behaviour

Mindfulness: Focusing the mind to help regain control. You will need to fill in weekly diary cards that record the skills that you have practised during the week. These can then be discussed in the group.

You can get support from the group. There will be the opportunity to share ideas and thoughts, and to realise that no one is alone.

Individual Therapy:

You will have 1-hour sessions with your therapist

You will work towards building "a life worth living". This includes:

- Moving from being out of control of your mind and behaviour
- Moving from emotional shut down to experiencing / managing emotion fully.
- Moving towards building an ordinary life, solving ordinary life problems

Other tasks for individual therapy include:

- Identifying things that stop you reaching your goals
- Complete a weekly diary card
- Use telephone support to practice skills, as contracted with your therapist



Where to Find More Information

Contact your mental health practitioner to discuss whether or not CBT might be suitable for you.

Websites with information about CBT and Borderline Personality Disorder:

www.bpdworld.org

www.behaviouraltech.org