



DBT has improved my quality of life

Priory Hospital Ticehurst House

Dialectical behaviour therapy (DBT) programme

Priory Hospital Ticehurst House is one of the UK's leading centres for the treatment of depression, anxiety and addictions. Our specialist team are experts in making assessments and advising on the best treatment approaches, devising individual programmes which achieve consistently positive outcomes.



What is DBT?

Priory Hospital Ticehurst House's DBT programme provides a treatment currently considered best practice in helping people who use problematic and sometimes life-threatening behaviours as a way of coping with intense and unstable emotions.

These behaviours might include self-harm and/or suicidal acts, or other impulsive behaviours such as substance abuse, spending, binge eating, or engaging in unsafe sex.

- + DBT is a skills-based therapy, offering more practical and effective coping techniques
- + It uses a cognitive behavioural approach and includes a strong emphasis on acceptance of the person as they are, combined with the expectation that current unhelpful behaviours need to be changed
- + Dialectics refers to finding the middle ground between two opposites. In DBT, this refers to the dialectical tension between acceptance and change
- + DBT requires a strong commitment to therapy from both the client and the therapist

Benefits of the programme

Completion of the programme can lead to improved self-awareness, management of emotions and improve the quality of relationships to create a life worth living.

Live your life

What are the aims of DBT?

DBT addresses four main areas, or targets, in the following order of importance:

- + Reducing suicidal and self-harming behaviours
- + Reducing behaviours that interfere with the process of therapy
- + Reducing behaviours that seriously interfere with quality of life, such as frequent hospitalisation, interpersonal problems and drug abuse
- + Increasing specific skills to cope more effectively

Commitment to working towards these targets is made before entering stage 1 of DBT.

How does DBT work?

Treatment consists of three main components for clients:

1. Group behavioural skills training for 2.5 hours per week. There are four modules taught in the group:

- Core mindfulness skills
- Interpersonal effectiveness skills
- Emotion regulation skills
- Distress tolerance skills

2. Individual psychotherapy to coach the client in applying the skills taught in the group and to problem-solve current difficulties they're facing.

3. Phone coaching for patients with their individual therapist and/or the after hours service.

DBT therapists also meet once per week to ensure good communication between group skills trainers and individual therapists.



Who could benefit from DBT?

DBT was originally designed for adults with a diagnosis of emotionally unstable personality disorder (EUPD) but has shown promising results when applied to other problems such as some forms of eating disorders (such as bulimia and binge eating) and other destructive behaviours (such as self-harm).



Referral process

For further information, details of costs or to make a referral, please contact our therapy services department at ticehurstdaycare@priorygroup.com or call **01580 200 391**.

More information about DBT can be found on www.dbtselfhelp.com

For the most up to date information on our services, please visit our website.

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