

# Priory Hospital Roehampton

## Dialectical behaviour therapy group

Priory Hospital Roehampton 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.



### Dialectical behaviour therapy (DBT)

Priory Hospital Roehampton'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.

#### What does it involve?

- + DBT is essentially 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 patient and the therapist

### Benefits of the programme

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

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Thank you for  
giving me my  
life back



Live your life

## What are the aims of DBT?

DBT addresses four main areas or targets:

- + Reducing suicidal and self-harming behaviours
- + Reducing behaviours that interfere with the process of therapy, such as not addressing problems or not showing up to appointments. This is known as 'therapy interfering' behaviour
- + Reducing behaviours that seriously interfere with quality of life, such as frequent hospitalisation, interpersonal problems, drug abuse, etc. This is known as 'quality of life interfering' behaviour
- + Increasing specific skills to cope more effectively

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

## Who could benefit from DBT?

DBT was particularly designed for adults with a diagnosis of borderline personality disorder but has also shown promising results when applied to other difficulties and those presenting with emotional dysregulation.



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DBT has improved my quality of life

## How does DBT work?

Treatment consists of four main components for individuals:

### 1. Group behavioural skills training for 2.5 hours per week for 20 weeks.

There are four modules taught in the group:

- + Core mindfulness skills – to increase one's awareness of events, emotions and behaviours, and to learn how to do this in a focused and non-judgmental manner. Mindfulness skills are central to DBT
- + Interpersonal effectiveness skills – focuses on learning to communicate one's needs effectively, and dealing with interpersonal conflict
- + Emotion regulation skills – understanding emotions, learning how to reduce emotional vulnerability and decreasing emotional suffering
- + Distress tolerance skills – increases ability to tolerate and survive crises and to accept life as it is in the moment

### 2. Individual sessions

- + Weekly individual sessions are also provided to support further with difficulties
- + Generalise the skills into the environment and to work towards meaningful change

### 3. Access to a phone coaching line during business hours for skills support.

- + DBT therapists also meet once per week to ensure good continuity of care of patients across the programme duration, and between the therapy team members

### 4. Team consultation

## Referral process

The DBT Programme is available to inpatients and outpatients. For further information, details of costs or to make a referral, please contact our therapy services department on **020 8876 8261** ext. **3588**

More information about DBT can be found on [www.dbtselfhelp.com](http://www.dbtselfhelp.com)

For the most up to date information on our services, please visit our website – [www.priorygroup.com](http://www.priorygroup.com)