

Mind and Body:

Using dialectical behaviour therapy for healing and recovery

Dialectical Behaviour Therapy

DBT is an evidence-based therapy that teaches individuals to manage emotions, reduce harmful behaviours, and improve relationships by balancing acceptance and change. It can help with self-harm, suicide attempts, impulsivity, and other mental health challenges.

DBT focuses on four core skills:

Mindfulness

- Teaches individuals to remain present in the moment, and helps them to increase awareness of their thoughts, feelings, and surroundings

Distress tolerance

- Focuses on building acceptance, not worsening difficult situations; helps individuals respond to situations in which a very high level of distress is experienced

Emotion regulation

- Aimed at decreasing negative emotions and increasing positive emotions, building healthy habits, and living a meaningful life according to the values that one holds

Interpersonal effectiveness

- Helps individuals communicate in a way they are comfortable, including interactions with strangers and those who they have closer relationships with

Who can provide DBT?

Registered Psychologists, Registered Social Workers, Registered Clinical Counsellors, Psychiatrists, Registered Psychotherapists, Nurses or Nurse Practitioners



Panel Discussion

CIPSRT (2025, June 25) Mind and body: Using dialectical behaviour therapy and eye movement desensitization reprocessing for healing and recovery. View the panel: <https://youtu.be/0tqm17HUC3E>

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