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[The Skills Training Manual for Radically Open Dialectical ...](#)

Radically open dialectical behavior therapy (RO DBT) is a groundbreaking, transdiagnostic treatment model for clients with difficult-to-treat overcontrol (OC) disorders, such as anorexia nervosa, chronic depression, and obsessive-compulsive disorder (OCD).

[An Overview of Dialectical Behavior Therapy - Psych Central](#)

Dialectical behavior therapy (DBT) treatment is a type of psychotherapy or talk therapy that utilizes a cognitive-behavioral approach. DBT emphasizes the psychosocial aspects of treatment.

[Dialectical behavior therapy - Wikipedia](#)

Dialectical behavior therapy (DBT) is an evidence-based psychotherapy designed to help people suffering from borderline personality disorder (BPD).

[Dialectical Behavior Therapy | Psychology Today](#)

Dialectical behavior therapy (DBT) provides clients with new skills to manage painful emotions and decrease conflict in relationships. DBT specifically focuses on providing therapeutic skills in:

[The Dialectical Behavior Therapy Skills Workbook ...](#)

A Clear and Effective Approach to Learning DBT Skills
First developed for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions.

[Dialectical Behavior Therapy: Your #1 DBT Resource \(12 ...](#)

Dialectical Behavior Therapy (DBT) is a type of cognitive behavioral therapy that focuses on the psychosocial aspects of therapy, emphasizing the importance of a collaborative relationship, support for the client, and the development of skills for dealing with highly emotional situations (Psych Central, 2016).

[The Dialectical Behavior Therapy Workbook: Practical DBT ...](#)

A Clear and Effective Approach to Learning DBT Skills
First developed for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions.

[Dialectical Behavioral Therapy for Mental Health Problems](#)

Dialectical behavioral therapy (DBT) is a type of cognitive

behavioral therapy. Cognitive behavioral therapy tries to identify and change negative thinking patterns and pushes for positive

How Dialectical Behavior Therapy (DBT) Works - Verywell Mind

Dialectical behavior therapy (DBT) is a type of cognitive behavioral therapy. Its main goals are to teach people how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others.

Dialectical Behavior Therapy in a Nutshell

Dialectical behavior therapy (DBT) is a comprehensive cognitive-behavioral treatment for complex, difficult-to-treat mental disorders (Linehan, 1993a,b). Originally developed for chronically suicidal individuals, DBT has evolved into a treatment for multi-disordered individuals with borderline personality disorder (BPD). DBT has since been adapted for other seemingly intractable behavioral

Dialectical Behavior Therapy in Clinical ... - Google Books

First developed to treat suicidal individuals with borderline personality disorder, dialectical behavior therapy (DBT) has since been adapted to a range of settings and populations.