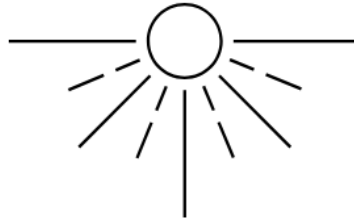




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is DBT?

Dialectical Behavior Therapy

Understand acceptance, change, emotions, and practical skills.



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[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

You can understand why you feel the way you do and still want to respond differently. This approach makes room for both sides of that sentence.

1 Acceptance and change work together

Marsha Linehan developed dialectical behavior therapy. It combines validation with work on changing harmful or unhelpful behavior. Skills include mindfulness, managing emotions, getting through distress, and navigating relationships.

2 A skill is not the whole program

The full program usually includes one-to-one therapy and a skills group. It also offers coaching between visits and a team that supports the therapists. Using only a few of these skills is different from providing the full program. Ask what you will receive.

3 Ask about the level of support

Find out what a program includes, when coaching is available, and what happens in a crisis. A downloadable worksheet cannot provide that structure or ongoing care.

Research & perspective

Research supports dialectical behavior therapy for certain needs. These include borderline personality disorder and reducing self-harm in the groups studied. A skills class or adapted program may not offer the same care. Ask about the exact program and the research behind it.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What feeling is hardest for me to respond to?

2 When do I most need a pause before acting?

3 Which relationship skill would I like help practicing?

One next step

Ask a qualified clinician which level of care fits your needs. Use education to prepare questions, not as your only support in a crisis.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ Do you offer the full treatment program or use some of its skills?
- ☐ Which services and coaching are included?
- ☐ What are your training and crisis-support arrangements?

Listen with curiosity

[Episode 49 - Tammy Berman introduces dialectical behavior therapy and its skills.](#)

[Episode 91 - Compare dialectical behavior therapy and cognitive behavioral therapy with Dr. Lisa Napolitano.](#)

[Episode 55 - Hear how skills from dialectical behavior therapy can fit within a broader cultural conversation.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[Behavioral Tech Institute: What is dialectical behavior therapy?](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

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United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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