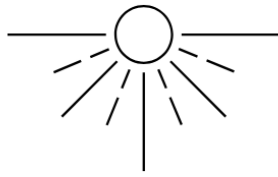


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Understanding DBT

Dialectical Behavior Therapy

READ / LISTEN / REFLECT

Diana S. Rice

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FROM THE MIC TO THE COMMUNITY

EXPLORING THERAPY

Begin where you are.

Understanding why a feeling makes sense and learning how to respond to it can happen together. DBT brings these ideas into a structured approach to emotions, relationships, and difficult moments.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 49

Understanding DBT with Tammy Berman

Tammy Berman introduces dialectical behavior therapy and its skills.

[Listen or read the transcript](#)

EPISODE 91

CBT and DBT with Dr. Lisa Napolitano

Compare dialectical behavior therapy and cognitive behavioral therapy with Dr. Lisa Napolitano.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

EXPLORING THERAPY

Understanding the topic

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.

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.

Ask about the level of support

Find out what a program includes, when coaching is available, and what happens in a crisis. Knowing those arrangements helps you understand the support you can expect between appointments.

Research and 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.

Why do some DBT services include a group and others do not?

Comprehensive outpatient DBT includes several forms of support, including individual therapy and skills training, commonly in a group. Other services use selected DBT skills. Ask exactly what is included, how the parts work together, and how the program suits your needs.

EXPLORING THERAPY

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

What feeling is hardest for me to respond to?

When do I most need a pause before acting?

Which relationship skill would I like help practicing?

Questions for a conversation

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?

Ask a qualified clinician which level of care fits your needs. The questions in this guide can help you prepare for that conversation. Urgent concerns need direct support.

EXPLORING THERAPY

Keep learning. Find support.

Another conversation to explore

EPISODE 55

Culture and mental health with Ostin Celestin, Jr.

Hear how skills from dialectical behavior therapy can fit within a broader cultural conversation.

[Listen or read the transcript](#)

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

1. Behavioral Tech Institute: What is dialectical behavior therapy?

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

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at your own pace.

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theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

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988lifeline.org/chat/

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