

# Dialectical Behavior Therapy for Borderline Personality Disorder

by Grand Falls Recovery Center | Mar 24, 2023 | Rehab



Do you or someone you know struggle with the day-to-day challenges of Borderline Personality Disorder? Are negative thought patterns and harmful behaviors impacting your quality of life?

**Dialectical Behavior Therapy (DBT)** is an evidence-based psychotherapy designed to help those struggling with this complex disorder move toward a more positive future. It works through teaching skills in four main areas: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.



By learning these essential DBT skills, individuals can gain insight into their triggers, beliefs systems, and behavior – enabling them to better regulate emotions like anger or sadness; manage relationships effectively; stay focused on goals; reduce impulsivity; make better decisions so they can live both emotionally safe and fulfilled lives.

## What is Dialectical Behavior Therapy (DBT) and how does it help with Borderline Personality Disorder (BPD)?

Dialectical Behavior Therapy (DBT) is a type of psychotherapy that has proven to be highly effective in treating Borderline Personality Disorder (BPD). DBT is designed to help individuals who struggle with intense emotional reactions, self-destructive behaviors, and difficulty regulating their emotions.

It is a comprehensive and evidence-based treatment that combines individual therapy, group therapy, and skills training to help individuals develop coping strategies to manage their emotions and behaviors.

The therapy teaches mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills. The goal of DBT is to help individuals build a life worth living by developing the skills necessary to maintain healthy and fulfilling relationships, improve their sense of self, and regulate their emotions.

### Goals of DBT Treatment for BPD

Dialectical Behavior Therapy (DBT) has become an essential treatment option for individuals living with Borderline Personality Disorder (BPD).

Developed by Marsha Linehan, the approach combines various techniques to achieve specific goals. These techniques include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

The overall aim of DBT treatment is to aid individuals with BPD in developing a better understanding of their emotions and thoughts, thus empowering them to manage their intense and often overwhelming emotions more effectively.

Moreover, the therapeutic approach can help individuals build more adaptive coping mechanisms and healthier relationships with others. By enhancing their emotional regulation, individuals with BPD can build a strong sense of self, experience more interpersonal satisfaction, and ultimately, live a more fulfilling life.

### DBT Skills Used to Manage BPD Symptoms

Dialectical Behavior Therapy (DBT) is a proven and effective treatment method for individuals living with Borderline Personality Disorder (BPD). DBT teaches patients the skills needed to manage their symptoms and regain control of their lives.

Some key skills that are taught are:

- Mindfulness
- Emotional regulation
- Interpersonal effectiveness
- Distress tolerance

These skills help patients to become more aware of their thoughts and emotions and to regulate them effectively. DBT also focuses on improving communication skills and enhancing relationships with others. With the help of DBT, individuals living with BPD can find hope and healing.



## Benefits of Dialectical Behavior Therapy for Borderline Personality Disorder

Dialectical Behavior Therapy (DBT) is a type of psychotherapy designed to aid individuals with Borderline Personality Disorder (BPD) in managing their often overwhelming emotions and achieving a better quality of life.

This particular technique is a form of Cognitive Behavioral Therapy (CBT) that emphasizes the importance of acceptance and change in therapy. The benefits of DBT for individuals struggling with BPD are numerous, ranging from decreased rates of self-harm, suicidal ideation, and substance abuse to improved interpersonal relationships and overall emotional stability.

In addition to such tangible results, DBT can help individuals to increase their capacity for emotional regulation, mindfulness, and effective communication, all of which are vital for successful and fulfilling long-term recovery.

Dialectical behavior therapy has been proven to be an effective approach for those suffering from borderline personality disorder, providing improved insight, management of distress and emotion dysregulation, as well as interpersonal effectiveness.

This **therapeutic approach** provides a collaborative space for individuals to develop healthier coping strategies and communication styles. With the help of dialectical behavior therapy, people with BPD can establish greater control over their symptoms and gain a better understanding of themselves and those around them.

It is important to note that it is a long-term **treatment option** that requires patience and dedication in order to truly achieve lasting results.

If you or someone you know is battling Borderline Personality Disorder, **contact Grand Falls Center for Recovery** today to learn more about how dialectical behavior therapy can benefit them.

 Search

### Latest Posts

Top Evidence-Based Practices for Addiction Treatment

Exploring Attachment Styles: Their Influence on Addiction and Recovery

Understanding the Benefits of Integrative Care for Treating Comorbid Conditions

Exploring the Common Stages of Addiction Recovery for Cocaine

Top 6 Benefits of Integrative Addiction Therapy for Treating Dual Diagnosis

Get the Help You Need

#### Site Map

- [Home](#)
- [Who We Are](#)
- [What We Treat](#)
- [Who We Help](#)
- [Privacy Policy](#)

#### Treatment

- [Detox](#)
- [Inpatient](#)
- [Dual Diagnosis](#)
- [Aftercare](#)

#### Contact

5615 W. 32nd Street  
Joplin, MO 64804  
1-855-904-5910

#### What We Treat

- [Heroin](#)
- [Opioids](#)
- [Cocaine](#)
- [Alcohol](#)

#### Who We Help

- [Men](#)
- [Women](#)
- [LGBTQ](#)
- [Professionals](#)

#### Areas We Serve

- [Jefferson City](#)
- [Springfield, MO](#)
- [Kansas City](#)
- [Chesterfield](#)

