

Is Dialectical Behaviour Therapy (DBT) for me?

CASCADE sees adults aged **25 and over in Birmingham** and aged **18 and over in Solihull** who experience difficulties with managing their emotions. These difficulties might lead to self-harming and suicidal behaviours and can affect how you feel about yourself and your relationships.

In summary ...

DBT is an intensive therapy programme that typically lasts one to two years. It requires commitment from both you and your therapist. It is an exciting and challenging opportunity for people to move forward in their lives, and towards their goals.

At CASCADE, we acknowledge health inequalities and aim to adapt to clients' cultural and neurodiverse needs. We hold client forums to create open discussions with clients for feedback to continuously develop and improve the service.



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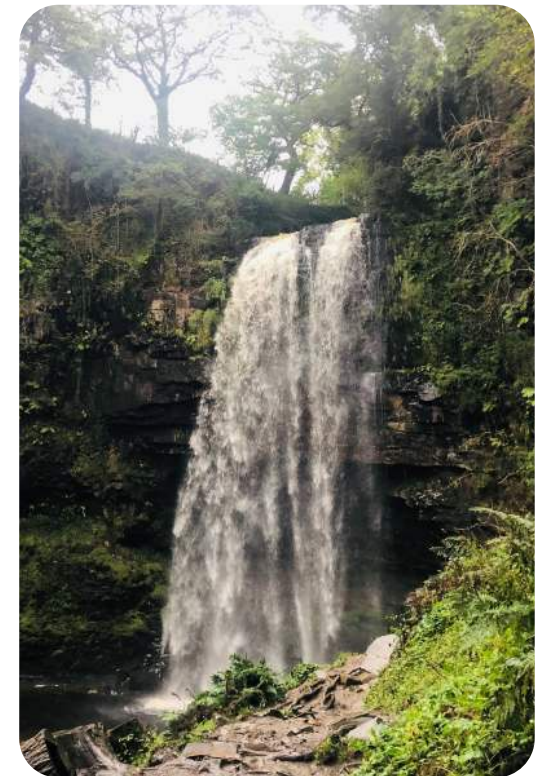


NHS
Birmingham and Solihull
Mental Health
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Dialectical Behaviour Therapy (DBT)

Provided by CASCADE

Adults



 **compassionate**  **inclusive**  **committed**

What is Dialectical Behaviour Therapy (DBT)?

DBT is an effective behavioural therapy. It can help you to manage distressing emotions, to cope with difficult thoughts and feelings and improve your relationships with others. The overall goal is to reduce self-harming, life-threatening behaviours and start to build a more rewarding life.

How do these problems develop?

1. Each person has a unique personality and some people are more emotionally sensitive than others. Because we are unique, we respond differently to situations.
2. Some environments can make children feel dismissed, punished or rejected. There may be relationships that are unpredictable and abusive.

Together, this can lead to difficulties in learning to manage emotions and handling relationships. Although people try to cope in the best way possible, these ways may not be the most helpful.

What does DBT offer?

DBT is normally offered over a one-year period and tackles two main areas:

- Decreasing harmful behaviours that are severely disruptive to leading a normal life
- Increasing skills so that you can start to build a more rewarding life

How does it work?

You'll be invited to a full **assessment** which will involve talking about your difficulties and doing questionnaires to understand them more fully. If DBT is right for you, we have four to six **pre-treatment sessions** to understand more about you and to learn how DBT works.

Individual therapy: you will have an individual therapist who sees you regularly through the treatment. During the individual sessions, you agree on goals and work together towards them.



Phone coaching: we provide in-between session contact and skills coaching support via phone coaching. Clients can contact at times of crisis and DBT-trained staff can help coach you to use strategies learnt in therapy and skills group when you need them most.

Skills group: skills groups are weekly DBT skills classes. The teaching sessions are split into four modules:

Mindfulness: helping you to focus your attention on the 'here and now' and concentrate on one thing at a time.

Distress tolerance: helping you deal with distressing situations in the least damaging way possible.

Emotion regulation: teaching you ways to understand, prevent and deal with difficult emotional states.

Interpersonal effectiveness: helping you understand and manage relationships, and ask for what you need in a helpful way.

