

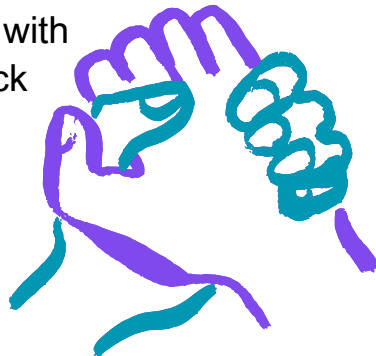
Is Dialectical Behaviour Therapy (DBT) for me?

CASCADE is linked to Solar and sees **young people aged 14-18** with difficulties managing their emotions in Solihull. 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 up to a year. 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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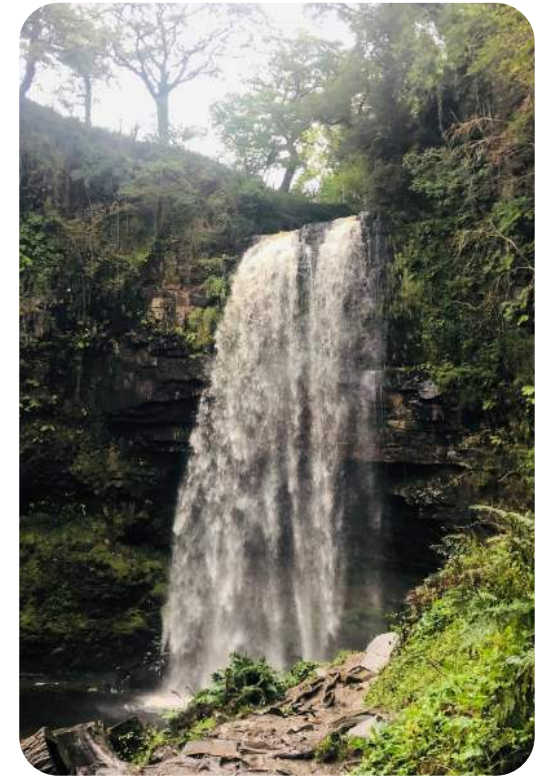


NHS
Birmingham and Solihull
Mental Health
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Dialectical Behaviour Therapy (DBT)

Provided by CASCADE

Young People



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

What is Dialectical Behaviour Therapy (DBT)?

DBT is a therapy that works on our behaviours. It can help you to manage difficult emotions, 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. 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 for six months to one year and works on:

- 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 an **assessment** which involves talking about your difficulties and doing questionnaires. 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: During sessions, you and your individual therapist agree on goals and work together towards them. You will also make a crisis plan together at the beginning of therapy.

Phone coaching: In-between session contact and skills coaching support. 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.

Multi-Family Skills Group:

Family/carer involvement is part of the treatment. You and your parent/carer attend group with other young people and their parents/carers. If this is an issue, we may seek alternative family therapy with Solar's support.



The **weekly group** teaches skills in the following modules:

- **Mindfulness:** focussing your attention on the present and on one thing at a time
- **Distress tolerance:** deal with distressing situations in the least damaging way possible
- **Emotion regulation:** understand, prevent and deal with difficult emotional states
- **Interpersonal effectiveness:** understand and manage relationships, and ask for what you need in a helpful way
- **Walking the middle path:** find compromise and see things from different perspectives