

# DBT Changes Lives

## What is DBT?

Dialectical Behavior Therapy (DBT) is an evidence-based treatment ideal for therapists who want to help the hardest to treat clients build a life worth living. This comprehensive, principle-based program of care provides a flexible framework from which to treat persons with complex, severe disorders.

DBT gives therapists the tools to help clients who are emotionally dysregulated and – as a result – may engage in suicidal or non-suicidal self-injurious behaviors.

# Benefits of DBT:

## Reduction in client suicide attempts



A study from the treatment developer showed a 50% reduction in suicide attempts for clients treated by DBT experts compared to those treated by non-DBT experts.<sup>1</sup>

## Therapist resilience



Receiving training in DBT is associated with decreased therapist burnout.<sup>4</sup>  
A study from Perseus et al. shows that therapists who use DBT have decreased stress levels.<sup>5</sup>

## Decreased cost of treatment

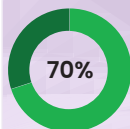


In a VA setting, each individual in DBT treatment utilized almost \$6,000 less in total services the year following DBT treatment as compared to the year prior to DBT.<sup>2</sup>

## Reduction in number of hospital days



A 6-month DBT program in Australia reduced the number of hospital days by 70%.<sup>3</sup>

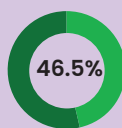


percentage of hospital days reduced when undergoing DBT treatment

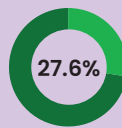
## Reduction in client self harm



According to a study on DBT vs. Individual and Group Supportive Therapy for adolescents, at six months post-treatment 46.5% of teens in the DBT group had not self-harmed vs. 27.6% in the IGST group.<sup>6</sup>



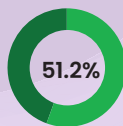
DBT group



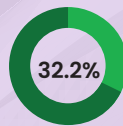
IGST group

percentage who did not self-harm

12 months post-treatment, 51.2% of teens in the DBT group had not self-harmed vs. 32.2% in the IGST group.<sup>6</sup>



DBT group



IGST group

percentage who did not self-harm

<sup>1</sup>Linehan et al, 2006; Two-year randomized controlled trial and follow-up of Dialectical Behavior Therapy vs therapy by experts for suicidal behaviors and borderline personality disorder

<sup>2</sup>Meyers and colleagues, 2014; Qualitative and mixed methods designs in consultation research

<sup>3</sup>Prendergast & McCausland, 2007; Dialectic Behaviour Therapy: A 12-Month Collaborative Program in a Local Community Setting

<sup>4</sup>Carmel et al, 2014; Dialectical Behavior Therapy Training to Reduce Clinical Burnout in a Public Behavioral Health System

<sup>5</sup>Perseus et al, 2007; Stress and burnout in psychiatric professionals when starting to use dialectical behavioural therapy in the work with young self-harming women showing borderline personality symptoms

<sup>6</sup>McCauley et al, 2018; Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide: A Randomized Clinical Trial

# Who benefits from DBT?

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While DBT was originally developed for clients with Borderline Personality Disorder and suicidal behavior, it has been shown to be effective for individuals with a myriad of problems (e.g., emotion dysregulation; substance use; depression) across multiple diagnoses.

There is research to indicate that DBT is effective for individuals across the lifespan, including children, adolescents, adults, and older adults.

## Why DBT?

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DBT posits that clients are doing the best they can based on their current skills and want to improve and, at the same time, can do better and must make changes to achieve their goals.

Through DBT, therapists work to help clients learn effective strategies for regulating emotions, utilizing an artful balance of strategies to emphasize both change and acceptance.

## Learn with Behavioral Tech Institute

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Behavioral Tech Institute was founded by the treatment developer Marsha Linehan in 1997 under the name Behavioral Technology Transfer Group and sets the standard for DBT training globally.

Behavioral Tech provides:

- DBT Training
- Large and small group consultation
- System implementation
- One on one consultation

Behavioral Tech Institute provides training to community mental health systems, the US Veterans' Administration, criminal justice systems, schools, outpatient clinics, inpatient services, residential care facilities, and more.

**Behavioral Tech  
Institute sets the  
standard for DBT  
training globally.**

- Over 60 countries with DBT programs in our worldwide community.
- To date, we have trained over 40,000 clinicians.

# About Mpower

Mpower, an initiative by Aditya Birla Education Trust, is resolutely focussed on enhancing India's mental health environment through compassion, awareness, and inclusion.

It supports individuals and families from all walks of life, offering a wide range of services, spanning awareness and capacity building, helplines, educational initiatives, community projects, and evidence-based clinical care.

**Together, We Bring High-Fidelity DBT to India /  
Together, let's build DBT capacity in India and  
strengthen access to evidence-based mental  
health care.**

This collaboration makes developer-linked, globally credible DBT accessible to mental health professionals in India for the first time, helping create a future where effective, compassionate, evidence-based care is the norm.

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