



## DBT Helps Individuals with Substance Use Disorders

### DBT: A Life-Saving, Cognitive-Behavioral Treatment

Dialectical Behavior Therapy (DBT) for Substance Use Disorders (DBT-SUD) was developed for individuals with substance dependence and borderline personality disorder. DBT-SUD includes the same treatment strategies and protocols as standard DBT, while adding skills, targets, and treatment strategies specific to substance use-related behaviors. For example, an emphasis is placed on dialectical abstinence, where the focus on abstinence is balanced with strategies for harm reduction when a slip does occur.

DBT-SUD has been evaluated in several randomized clinical trials with men and women with borderline personality disorder and SUD, including poly-substance dependence, opioid dependence, and alcohol dependence. These studies provide evidence that DBT is effective in treating substance use problems while simultaneously addressing other complex problems related to emotion dysregulation, including high risk behaviors, impulsivity, depression, anxiety, and eating disorders.

### How DBT Helps

DBT is intended to help people who experience pervasive emotion dysregulation, which means frequent, intense emotional responses that the individual finds difficult to change. In DBT, most problem behaviors are viewed as attempts to change intense emotions or as outcomes of emotion dysregulation. For example, drugs and alcohol are often used to reduce painful emotions, whereas difficulty controlling intense emotions may lead to impulsive behaviors including substance use. DBT-SUD works by helping clients learn effective strategies for regulating emotions and coping with urges and cravings without using substances.

Clients receive group skills training to learn the standard DBT skills of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness as well as a set of skills for addictions. In addition, clients receive individual therapy focused on applying the skills and strategies of DBT to help them achieve their specific treatment goals. Clients also receive coaching from their individual therapists between sessions when they need help using DBT skills or for crisis situations. DBT therapists also participate in a therapist consultation team focused on helping them to provide the most effective treatment possible. DBT-SUD may also include adjunctive pharmacotherapy such as opiate replacement medication.



# Learn DBT with Behavioral Tech

Behavioral Tech is a DBT training company founded by the original developer of DBT, Dr. Marsha Linehan. We have provided DBT training based on the latest research developments since 1997 to over 40,000 people. Whether you are: 1) an individual practitioner or 2) the administrator of a complex system, our expert trainers and varied learning formats can help you meet your DBT training goals. We work with you to implement comprehensive DBT according to the evidence-based model while adapting it to the specific needs of your clinic and clients.

## Levels of Training

Four levels of training help you navigate the process of learning DBT. If you have any questions, please contact us at 206-675-8588 or email us at [info@behavioraltech.org](mailto:info@behavioraltech.org).

### Level 1 - Introductory

Learn about DBT and assess if DBT is right for your practice and your clients.

### Level 2 - Essentials

Level 2 options address the essentials of behavior therapy, DBT, and other treatments. These courses are appropriate for clinicians and providers at every stage of professional development.

### Level 3 - Comprehensive Training in Standard DBT

Level 3 trainings are the best choice for individuals and teams who seek in-depth training to start a DBT program or train new staff members. These options also meet criteria for DBT certification and are required for anyone interested in Level 4 training.

### Level 4 - Advanced Training and Adaptations

Level 4 trainings allow experienced DBT therapists to advance and sustain their DBT knowledge. Learn how to adapt DBT for specific client populations or choose an advanced training designed to address the needs of seasoned DBT clinicians. Advanced trainings are led by world-renowned DBT experts who have pioneered clinical adaptations and research in highly requested, specialized content.

## Learning Formats

### In-Person Training

In-person events offer participants the chance to learn directly from our first-class training experts. Trainers mix lecture with more experiential learning methods such as role plays, review of footage from real DBT treatment sessions, and discussion. Our current public training calendar can be viewed at: [behavioraltech.org/schedule](http://behavioraltech.org/schedule). *Contact us to discuss private training options and how Behavioral Tech can support your agency as you implement DBT.*

### Consultation

Consultation services are a personalized way to enhance an individual's clinical skills or grow DBT programs. Consultants can provide support at any level of learning. Schedule consultations as needed or on an ongoing basis.

### Online Training

We offer seven self-paced courses that allow you to learn the essentials of DBT and other therapies from work or home.

### Supplemental Resources

We carry books, CDs, and DVDs to support your learning. These resources are a blend of clinician- and client-focused content.

### Webinars

Our webinars feature DBT experts speaking from their areas of specialty. Webinars offer informative overviews of DBT as it is practiced in various settings and populations.