Dialectical Behavioral Therapy (DBT)

Dialectical Behavior Therapy (DBT) is a research-supported treatment program that will help you learn cognitive-behavioral skills balanced with the practice of Eastern mindfulness. Developing these techniques can help reduce problem behaviors and thoughts, increase skills for improving effectiveness and fulfillment in many areas of participants’ lives and relationships.

All of the DBT skills are beneficial regardless of diagnosis or symptoms.

In Cathedral Counseling Center’s DBT program, you’ll learn concrete skills that will help you to be more present, less overwhelmed and feel more in control. We aim to support using these skills in your day-to-day life, relationships, difficulty asking for help and saying no, and we do so in a fun, warm, compassionate group environment.

The research-based skills taught in DBT are especially useful if you are experiencing serious challenges, including:

- Difficulty regulating emotions, painful or maladaptive patterns of thinking and anxiety, self-defeating, self-injuring or impulsive behavior, relationship difficulties
- Depression
- Chronic thoughts of suicide
- Eating disorders
- Addictive behaviors, including alcohol and substance abuse
- Anger management
- Avoidance behaviors

For more information, contact our Intake Team at (312) 252-9500 x130.