



Online DBT



GOLD STANDARD
TREATMENTS

WWW.ONLINEDBT.CO.UK



WELCOME

DBT is a therapy designed to help you change patterns of behaviour that are not effective, such as self-harm, suicidal thinking and substance abuse. The approach works towards helping you increase your emotional and cognitive regulation by learning about the triggers that lead to reactive states.

It also helps you to assess which coping skills to apply in the sequence of events, thoughts, feelings and behaviours that lead to the undesired behaviour. It is often particularly helpful for the diagnosis of BPD.

DBT is the gold standard treatment for people with a diagnosis of Borderline Personality Disorder (BPD) and Emotionally Unstable Personality Disorder (EUPD).

DBT is also useful for people struggling with emotional regulation or who are exhibiting self-destructive behaviours such as substance abuse, binge eating and more.

The people who we treat within our service experience immense changes to their life by treatment end, which at treatment start, they are unable to envisage. Yet in order to get there, the specific treatment model is required.

A photograph showing a person's hand writing in a spiral notebook with a silver pen. The notebook is open to a page with horizontal lines. To the right of the notebook is a silver laptop with a black keyboard. The background is a plain, light-colored surface.

WHAT IS DBT?

DBT is a cognitive behavioural therapy created specifically for BPD by Marsha Linehan, which draws on the idea of the dialectic, which is the study or inquiry into opposites. The strategies support both therapist and patient, to synthesise views and become unstuck from extremes, inherent in BPD.

Goals are also vital in DBT treatment planning, in ensuring that the symptoms are targeted. The behavioural aspect involves targeting behaviours, in order to solve problems through teaching the skills which help clients reach goals.

However, it's important to note that in helping clients develop a life they see as worth living, the therapist needs to help them work to the goals defined by them.

Even the core assumptions of DBT support the work, by helping the therapist view clients in the best light. The therapist needs to maintain compassion for the client and their difficulties in emotional regulation, whilst also understanding it's the client's role to solve their problems in the now, even if they weren't the original cause of their suffering.



ONLINE DBT

Full DBT programme

The full programme involves the DBT Skills group training element and weekly individual sessions. It can also involve skills coaching between sessions subject to need. The full programme is the most effective and quickest route to making changes in your life, and reaching your therapy goals.

DBT Skills group

The DBT skills groups run online, and run more like a class. The DBT therapists teach you DBT skills from the Linehan skills training manual.

We cover a number of key modules including mindfulness skills, distress tolerance, emotional regulation and interpersonal skills.

DBT Individual sessions

We offer DBT individual sessions online and in London and Surrey. Individual therapy involve weekly one-to-one 50 minute sessions.

**Not able to do the full programme?
Speak to us about doing the groups
or one to one sessions separately.**



FEES

DBT includes different modes of treatment. The full DBT programme includes individual skills group, individual sessions and skills coaching.



DBT skills groups

£100 per group

Health insurance is accepted.

DBT individual sessions

£120 per 50 minute session

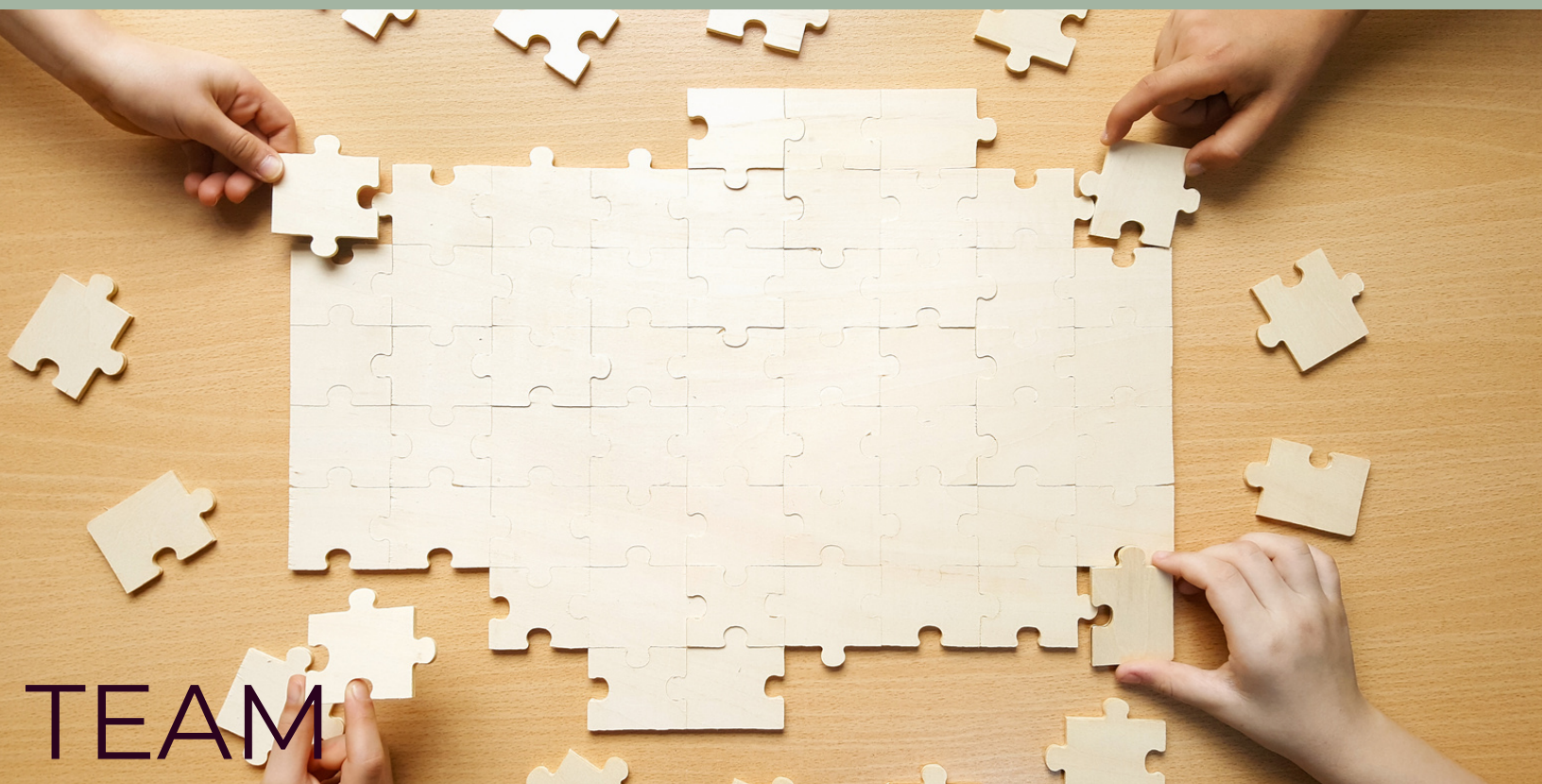
Sessions take place via Zoom and are £120 for a 50 minute session

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Full programme

From £200 per week

Please contact us directly for a bespoke quote. Health insurance is accepted.



TEAM

Individual DBT can be started at any time. For the date for next intake to the group, please contact us.



Dr Jo Gee, Jo Soleau, Emma Jackson, Alicia Osei, Nic Perrins, Julie Johnson, Tiffany Howl, Agata Podstepska

Having offered DBT in the NHS, private hospitals and within private practice following Intensive DBT training with British Isles DBT, the team have a wealth of experience and great success rates in treating BPD and other behaviours using DBT.

Contact us to see how we can help you.

CONTACT US

For programme dates, or to book an assessment, please contact us via the details below. We offer a free 15 minute phone consultation for an informal chat, to check our service can help you meet your goals. We look forward to hearing from you.

JOIN ONLINE DBT

Email

hello@dbtonline.co.uk

Address

34-35 Hatton Garden, Holborn, London,
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Hours

Monday–Saturday
9am–9pm



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