Creating Therapeutic Models of Care: The development of DBT service in Cwm Taf

### What is DBT?

Dialectical Behaviour Therapy, or DBT (Linehan, 1993) is a powerful and intensive psychological therapy designed to help people who experience overwhelmingly painful emotions and are at high risk of serious self-harm and suicide. DBT is a year-long therapy in which clients attend for weekly individual therapy sessions and skills acquisition groups. Clients are also able to contact their individual therapist outside of sessions for skills coaching. Therapists also meet weekly for a consultation group to help them manage the process of working with a difficult client group (Chapman, 2006).

### Discussion

Preliminary data indicate clinically significant improvements in psychological wellbeing and emotional regulation for clients who are engaged in DBT. Qualitative feedback suggests that clients and staff find engaging in DBT helpful. Further assessment is required to establish:

- If treatment gains are sustained at 12 months and post-discharge
- Monitoring therapist adherence to the DBT model
- Does DBT provide value for money? Does other service user reduce as clients are in DBT?
- Evaluation of how DBT fits within the broader mental health system. Is it meeting teams' and clients' needs?

### Reference List


