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Dialectical Behavior Therapy (DBT) is a cognitive behavioral treatment developed by Marsha Linehan, PhD, ABPP. The two components of DBT, individual psychotherapy and group skills training, help people learn and use new skills and strategies to develop a life that they experience as worth living.

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DBT, including DBT skills training, is based on a dialectical and biosocial theory of psychological disorder that emphasizes the role of difficulties in regulating emotions, both under and over control, and behavior.

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