

Dialectical Behaviour Therapy

Dialectical behaviour therapy (DBT) is a method of treatment designed for people with a confirmed diagnosis of Borderline Personality Disorder. Marsha Linehan PhD was the founder of this programme and states that "DBT is a life enhancement program, not a suicide prevention program". (M.Linehan, 2003.) The emphasis of the programme is on acceptance, compassion and validation. Treatment focuses on accepting the client as they are at the moment while trying to help them change.

DBT within Waikato DHB came about primarily by the dedication and commitment of a small team, was co-ordinated by Wendy Tuck the former professional advisor for psychology. She was supported by a number of clinicians who wanted to be involved in providing the therapy to service users. Wendy strongly advocated for this therapy to be implemented in Health Waikato based on a rigorous literature review of all relevant literature on Borderline Personality Disorder and treatment approaches across the world.

We currently have one DBT team, split between Thames and Hamilton. We intend to provide a service to the South area in the future. The programme normally takes one year to complete and involves both weekly individual therapy with a trained DBT therapist and attending a two-hour skills training group, once a week. Both aspects of the programme are equally important. The DBT clinicians meet weekly as a team for consultation and supervision.

Should you require any further information about this programme please do not hesitate to make contact with Philip Brown on 07 834 6902.