

CBT VS DBT

COMPARING THERAPEUTIC INTERVENTIONS



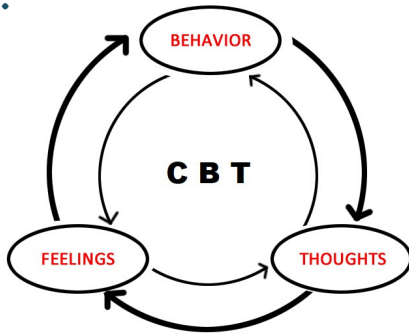
DEFINITIONS

CBT

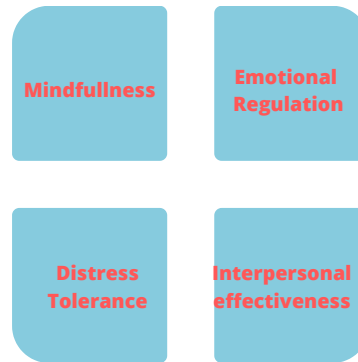
VS

DBT

Cognitive Behavioral Therapy (CBT) is based on the idea that our thoughts and behaviors influence our feelings. So, changing the way we think about and react to situations will help us feel better.



Dialectical Behavior Therapy (DBT) is a more specific form of CBT that relies on using mindfulness skills to regulate emotions, tolerate distress, and improve relationships.



TIME FRAME

CBT

VS

DBT

SHORT TERM 

LONG TERM 

SUMMARY

CBT

VS

DBT

CBT seeks to give individuals the ability to recognize when their thoughts might not be leading them towards their emotional and behavioral goals, and offers various techniques to alter perceptions for the better.

DBT helps individuals learn to live with discomfort in the world and accept the way things are rather than reacting to discomfort in unhelpful ways.