

DBT Treatment Assumptions

- Everyone in the group is doing the best they can.
- Everyone in the group wants to improve.
- Everyone needs to do better, try harder, and be more motivated to change.
- People may not have caused all of their own problems, and they have to solve them anyway.
- The lives of group members and their families are painful as they are currently being lived.
- Group members and families must learn and practice new behaviors in all situations in their lives, ie: home, school, work, neighborhood.
- There is no absolute truth; everyone has a perspective.
- Teens or kids and their families can not fail in DBT.



Questions

- What do you think about the assumptions?
- Which of the assumptions will be the most helpful to you as you learn and practice DBT?
- Which of the assumptions is most difficult for you to consider?