



Humber Dialectical Behaviour Therapy

**Providing
comprehensive
DBT across Hull
and East Yorkshire**



**Caring, Learning
& Growing Together**

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Humber Dialectical Behaviour

Therapy

What is Dialectical Behaviour Therapy (DBT)?

DBT is a therapeutic approach recommended for people for whom reducing self-harm and suicidal behaviour is a priority. Alongside reducing such behaviour, DBT aims to help people work towards the goals they have for their life. Whilst supporting people to change, we aim to help people understand and validate their own emotions and experiences, rather than us simply asking people to do something different.

What does the DBT team do?

The DBT team has a stepped care model, to try and maximise the use of DBT locally. We offer:

- Training to teams Trust Wide
- Supervision and consultation to other teams
- Direct treatment with the team
- Support for family, friends, and other supporters through the Humber Family Connections Service

Because we are a small team, unfortunately we aren't able to offer direct treatment to everyone who experiences self-harm and suicidal behaviour. To be referred for direct treatment you need to have an open referral to a community mental health service; they will be able to speak to you about whether or not

you meet the criteria for direct treatment. Even if you do not, we will be happy to support other people to offer you DBT-informed support.

What does direct treatment involve?

If the team accepts a referral for you for direct treatment, one of us will get in touch to arrange a screening appointment for us to meet and agree together that DBT is the right approach for you. If it is, direct treatment initially involves attending a **weekly skills training group** to learn skills in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and achieving balance in life. When there is capacity to offer **individual sessions**, you will decide with one of our therapists whether you would benefit from individual sessions or not. If so, you would then work with the same therapist consistently, who will typically then offer you **telephone coaching** between sessions to support you in implementing the skills you've learned in sessions to everyday life. You are likely to need to continue attending group alongside your individual sessions for a period of time. The therapists in the team also meet weekly at our

consultation meeting to discuss our work to ensure we are working effectively.

What would I need to do if I had direct treatment?

We would expect you to show commitment to the treatment, which we usually assess by your attendance and engagement in the things we ask you to do as part of DBT. We may change the things we expect from you where we think it will be helpful to you for us to do so. You would need to practice what you are learning at your sessions between sessions. Individual treatment also involves completing a diary card every day recording how often harmful behaviours and skilful behaviours occur during your week.

We have a principle that if we haven't helped you significantly reduce self-harm and suicidal behaviour after 3-4 months, we may need to consider discharging you from DBT; we don't want to keep doing something that isn't helping you. On the other hand if such behaviour reduces quickly, we would spend the remaining time in sessions helping you with any other difficulties in your life.

Where do sessions take place?

DBT group sessions are held at a location in Hull City Centre (our

address is on the back page) within walking distance of the transport interchange. Individual sessions also typically take place here, though these may be offered at any available base within the area with agreement between yourself and your allocated therapist (please let us know as soon as possible if you think coming to 77 Beverley Road will be a problem for your individual sessions).

How can I find out more about DBT?

If you would like to speak to us you can **call us on 01482 689156** or **email us on hnf-tr.humberdbt@nhs.net**. You can also **speak to your care coordinator or other worker in mental health services** about the service, and Mind produce a more detailed overview of DBT available at the following link:
<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/dialectical-behaviour-therapy-dbt/>



I am unhappy with the treatment offered to me by Humber DBT, who can I contact?

Where you feel comfortable to do so, we would encourage you to get in touch with us about anything you are unhappy with about the service, by contacting us using the details on the previous page. If you wish to speak to someone separate, the contact details for the Trust's complaints and feedback team can be found below.

CONTACT US



<https://www.humber.nhs.uk/Services/dialectical-behaviour-therapy.htm>



Mental Health Advice and Support Line (24 Hours):
0800 138 0990 (non-DBT crisis support)



NHS Direct: 111



Emergency Services: 999

Complaints and Feedback Team
Humber Teaching NHS Foundation Trust
Trust Headquarters
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