

Finding your balance: DBT Pathway for Emotional Wellbeing

Do you find yourself overwhelmed by intense emotions, struggling with relationships, or caught in patterns of behaviour that feel impossible to break? This online DBT pathway has been designed for adults who experience emotional dysregulation and the challenges that come with it — offering a structured, evidence-based route to greater stability and wellbeing, guided throughout by a skilled DBT professional.

Rather than working through content alone, you'll be supported by a qualified therapist who brings expertise, compassion, and clinical insight to your journey. Your therapist will help you build a life worth living by developing the skills needed to manage difficult emotions, improve relationships, and tolerate distress without resorting to harmful coping strategies. Together, you'll work across the four core modules of DBT:

- **Mindfulness** — developing present-moment awareness as the foundation for all other DBT skills
- **Distress Tolerance** — learning to survive crisis moments without making things worse
- **Emotion Regulation** — understanding and managing intense emotional responses more effectively
- **Interpersonal Effectiveness** — building healthier relationships and communicating your needs with confidence

Delivered online for flexibility and convenience, this pathway combines the proven effectiveness of DBT with the personal guidance of a trained professional — so you always have expert support as you navigate change. Sessions are paced to suit you, with your therapist providing ongoing feedback, skill coaching, and encouragement throughout.

Flexible Appointments to Fit Around Your Life

We understand that seeking support shouldn't come at the cost of your work or daily commitments. That's why appointments are available during evenings and weekends, as well as standard daytime hours — making it easier for those in employment, with caring responsibilities, or busy schedules to access the help they deserve. All sessions are conducted securely online, removing the need to travel and allowing you to engage with therapy from the comfort of your own home.

Is This Pathway Right for Me?

DBT is an evidence-based treatment originally developed for emotionally intense and complex presentations, and has since been shown to be effective for a wide range of difficulties, including:

- Borderline personality disorder (BPD) / emotionally unstable personality disorder (EUPD)
- Chronic suicidal thoughts or self-harm behaviours
- Complex post-traumatic stress disorder (C-PTSD)
- Bipolar disorder and mood instability
- Eating disorders, including binge eating disorder and bulimia nervosa
- Substance misuse and addictive behaviours
- Intense anger and difficulties with impulse control
- Chronic feelings of emptiness or identity difficulties
- Anxiety and depression that has not responded to other treatments
- Difficulties maintaining stable relationships

If you're unsure whether this pathway is the right fit for you, our team will carry out an initial assessment to ensure you're matched with the most appropriate level of support.

This pathway is suitable for adults with moderate to complex presentations. DBT is an intensive and highly structured therapy — your therapist will work with you to ensure you feel prepared and supported at every stage. If you are in crisis or require immediate assistance, please contact your GP, local crisis team, or call 999.