# Page Title: DBT

**Focus Keyword:** dbt therapy London

**Secondary Keywords:** dbt therapy London, dbt therapist uk, private dbt therapy, dbt London, dbt therapist UK, dbt fundamentals, dialectical behavior therapy uk, dbt therapists near me, dialectic behavioral therapy, dbt for bpd, dbt therapist London

**Intent:** Informational

## Headings:

What is dialectic behavioral therapy?

How does DPT work?

What are the benefits of dpt?

What does dbt treat?

Dialectic behavioral therapy in London ( tell the reader what to expect in the treatment at your clinic)

**FAQ’s**

How many sessions will in need in dbt?

How much is DBT therapy UK?

What age is DBT appropriate for?

What problems does DBT solve?

**References:**

* <https://www.nightingalehospital.co.uk/dialectical-behaviour-therapy-dbt/>
* <https://www.mind-reframed.com/dbtskills/>
* <https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/dialectical-behaviour-therapy-dbt/>

Competitors

* <https://www.thechelseapsychologyclinic.com/therapies/dialectical-behavioural-therapy-dbt/>
* <https://theprivatetherapyclinic.co.uk/services/dialectical-behaviour-therapy/>
* <https://www.harleytherapy.co.uk/dialectical-behaviour-therapy-london.htm>