



DIALECTICAL BEHAVIORAL THERAPY





LET HEALING FLOW

At Agos Diwa, we recognize the shared humanity between healer and patient—the soul (diwa) in motion (agos). Rooted in mindfulness, self-compassion, and the principle of common humanity, our approach honors each person’s unique inner journey.

We offer **15-week**, evidence-based therapies that foster deep insight and emotional resilience—tools that remain rare in the Philippine mental health landscape. Among these is the full-scale **Dialectical Behavior Therapy (DBT) program**, designed to support those navigating intense emotions and interpersonal struggles.



LET HEALING FLOW

The Agos Diwa DBT Team's training with British Isles DBT. The program offered would be undergoing benchmarking/ accreditation to ensure adherence to the full and formal program.

What is DBT?

Dialectical Behavior Therapy (DBT) is a structured, evidence-based form of therapy developed by Dr. Marsha Linehan in the late 1980s to help people with emotional dysregulation.

Why DBT?

Think of DBT as a toolbox filled with four life skills: staying calm, surviving crises, managing emotions, and communicating effectively. Delivered through weekly therapy sessions, group classes, and real-time coaching, DBT equips people to handle overwhelming feelings and improve relationships. Backed by over two decades of research and multiple clinical trials, DBT is one of the most proven psychological programs available for emotional health and relational wellbeing.

Dialectical Behavior Therapy (DBT) has been carefully studied in several randomized controlled trials (RCTs)—the gold standard for testing how well a treatment works. Below are the findings:

Learn more about the history of DBT and what led to its creation:

<https://www.dbt-training.co.uk/what-is-dbt/>



WHAT IS DIALECTICAL BEHAVIORAL THERAPY (DBT)?

What do clinical trials say about DBT?

Benefit Area	Evidence Highlight
Emotion Regulation	Strong randomized control trials show reduced suicidal behavior, self-harm, depression, impulsivity up to 2 years post-DBT
Interpersonal Skills	Improved relationship satisfaction and reduced interpersonal problems in both individual and couple therapy
Versatility	Effective across multiple conditions—PTSD, eating disorders, ADHD, and substance use
Real-World Impact	Moderate-to-large effects; the full program is more effective than partial components alone

Sources:

<https://www.dbt-training.co.uk>

Onaruyi-Obasuyi, E. (2025). Evidence-Based Analysis of Dialectical Behavior Therapy Components and Outcomes for Borderline Personality Disorder: Skills Training, Cultural Considerations, and Healthcare Utilization. *International Journal of Scientific Research and Modern Technology*, 4(6), 40–56. <https://doi.org/10.38124/ijrsmt.v4i6.612>

Jennifer W.Y. Ip, Shelley F. McMain, Alexander L. Chapman, Janice R. Kuo,

The role of emotion dysregulation and interpersonal dysfunction in nonsuicidal self-injury during dialectical behavior therapy for borderline personality disorder, *Behaviour Research and Therapy*, Volume 180, 2024, 104594, ISSN 0005-7967, <https://doi.org/10.1016/j.brat.2024.104594>.

Hernandez-Bustamante M, Cjuno J, Hernández RM, Ponce-Meza JC. Efficacy of Dialectical Behavior Therapy in the Treatment of Borderline Personality Disorder: A Systematic Review of Randomized Controlled Trials. *Iran J Psychiatry*. 2024 Jan;19(1):119-129. doi: 10.18502/ijps.v19i1.14347. PMID: 38420274; PMCID: PMC10896753.

May JM, Richardi TM, Barth KS. Dialectical behavior therapy as treatment for borderline personality disorder. *Ment Health Clin*. 2016 Mar 8;6(2):62-67. doi: 10.9740/mhc.2016.03.62. PMID: 29955449; PMCID: PMC6007584.

01. Better emotion regulation

- DBT was more effective than the usual care (Treatment-As-Usual or TAU) in terms of: decrease in parasuicidal behavior (this includes self-harming actions that may or may not be intended to result in death) and hospitalization.
- Women who received DBT had significant reductions in suicidal thoughts, depression, hopelessness, and anger, compared to those who got standard therapy.

02. Better social functioning

- Evidence shows that after program, patients rated improvement in communicating better, balance self-care and empathy, and reduce relational conflicts

03. Broader Application

- Initially DBT was applied for Borderline Personality Disorder, but studies show that it is also an effective adjunct for:
 - mood disorders, PTSD, eating disorders, substance misuse, ADHD
 - skills tackle emotion dysregulation symptoms, which is a shared symptom in multiple diagnoses

WHAT IS THE FULL DBT PROGRAM?

Agos Diwa offers a 15-week, full, comprehensive, DBT program.

The method applied in studies is the full program. Most of the time, therapists may offer DBT, but it is mostly for the skills. This is only one aspect of the full therapeutic program. What makes DBT effective is how treatment is structured to engage the client and reinforce the skills so that they can practice them in a timely manner. A formal, comprehensive therapy includes:

01. Skills Training

Weekly group classes teaching the four DBT skills modules:

- Core Mindfulness*
- Emotion Regulation
- Distress Tolerance
- Interpersonal Effectiveness

Each module builds on each other.
Total of 15 weeks.



02. Phone Coaching

On-call support for crises or real-life practice of skills between sessions. There is no set number for the phone coaching during the 15-week duration of the program.

When you join the full program, you would receive a schedule of the number to contact when you need coaching especially after a crisis, when you have tried the skills.

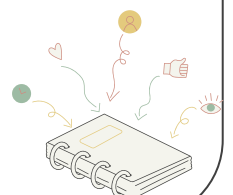


03. Individual Therapy

Package includes 7 individual sessions, scheduled weekly or every two weeks, depending on ongoing assessment by the DBT team. This is part of the program and would be scheduled within the 15-week duration. In either case, the DBT team will work closely with your current provider to ensure the best approach for your care.

04. Therapist Team Supervision

When you enroll in the DBT Full Program, your treatment will be supervised by a team of professionals to help ensure you receive the maximum benefit. As part of this supervision, the Agos Diwa team also reports back to DBT trainers in the British Isles to maintain adherence to the program and support the quality of your care.



WHAT IS THE FULL DBT PROGRAM?

Agos Diwa DBT offers the full, comprehensive program.

The FULL PROGRAM of DBT has shown to yield clinically significant improvements in reducing suicidal and non-suicidal self-harm, emergency room visits, and days spent in psychiatric hospitals. This highlights DBT's highly effective, structured, comprehensive program is effective in reducing acute behavioral crises.

Linehan, M. M., Korslund, K. E., Harned, M. S., et al. (2015). Dialectical Behavior Therapy for High Suicide Risk in Individuals With Borderline Personality Disorder. *JAMA Psychiatry*, 72, 475. <https://doi.org/10.1001/jamapsychiatry.2014.3039> Cited by: 1093
McMain, S. F., Links, P. S., Gnam, W. H., et al. (2009). A Randomized Trial of Dialectical Behavior Therapy Versus General Psychiatric Management for Borderline Personality Disorder. *American Journal of Psychiatry*, 166, 1365-1374. <https://doi.org/10.1176/appi.ajp.2009.09010039> Cited by: 1008
Mehlum, L., Tørmoen, A. J., Ramberg, M., et al. (2014). Dialectical Behavior Therapy for Adolescents With Repeated Suicidal and Self-harming Behavior: A Randomized Trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 53, 1082-1091. <https://doi.org/10.1016/j.jaac.2014.07.003>

Why have DBT with Agos Diwa?

DBT Led by Multi-specialty, certified DBT Therapists

Agos Diwa DBT is unique, as this is a comprehensive program facilitated by psychiatrists. In fact, the group came about with the shared desire of these psychiatrists to have more therapy options for patients that is intensive and high-yield. Lectures and materials were also adapted and designed by the team to be more current and appropriate.

The Agos Diwa team has expanded to include a broad range of mental health professionals, such as tenured licensed psychologists and mental health coaches who are equally as dedicated in providing more options for intensive therapies for patients. All of the practitioners are certified DBT Therapists.

BIO-PSYCHO-SOCIAL Approach in Full Motion

Unlike standard DBT programs, Agos Diwa DBT's Full Program also includes engagement with family/ loved ones for interpersonal effectiveness training. Even after completing the program, they may still avail of phone coaching (lifetime) and may drop in on any skills training session, at no additional cost.

STREAMLINING YOUR MENTAL HEALTH WITH THE SPIRIT OF COLLABORATION

DBT may be recommended as a complimentary service by a patient's attending psychiatrist/ psychologist. Agos Diwa DBT Therapists would be keeping in touch* with the main psychiatrist/ psychologist/ coach to help ensure alignment of treatment goals and continuity of care. Furthermore, the team of therapists are also constantly collaborating through team supervision. This helps ensure that all DBT practitioners are aligned with best practices and methods for your DBT.

SKILLS- TRAINING SCHEDULE

*This is a **hybrid group**, with some sessions face-to-face and some online. The schedule would be discussed in more detail during orientation.*



MODULE 1:

- Orientation
- Mindfulness (3 sessions)

TYPICAL SCHEDULE



SATURDAYS, 4:00 PM
KINDLY GIVE AN ALLOWANCE OF 1.5
TO 2 HOURS



HYBRID



**NOTE: No refunds would be given when you miss a session. Missing 4 sessions in a row, without prior notice would mean that you are no longer interested to continue.*

MODULE 2:

- Distress Tolerance (4 sessions)

MODULE 3:

- Emotion Regulation (4 sessions)

MODULE 4:

- Interpersonal Effectiveness (4 sessions)
- Family Interpersonal Effectiveness-- after Module 4

Sample DBT Full Program Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Phone coaching	2 Phone coaching	3 DBT Skills training 4pm Phone coaching
4 Phone coaching	5 Phone coaching Individual DBT Therapy (by appointment, included in full package)	6 Phone coaching	7 Phone coaching	8 Phone coaching	9 Phone coaching	10 DBT Skills training 4pm Phone coaching
11 Phone coaching	12 Phone coaching	13 Phone coaching Individual DBT Therapy (by appointment, included in full package)	14 Phone coaching	15 Phone coaching	16 Phone coaching	17 DBT Skills training 4pm Phone coaching
18 Phone coaching	19 Phone coaching	20 Phone coaching	21 Phone coaching Individual DBT Therapy (by appointment, included in full package)	22 Phone coaching	23 Phone coaching	24 DBT Skills training 4pm Phone coaching
25 Phone coaching	26 Phone coaching	27 Phone coaching	28 Phone coaching	29 Phone coaching Individual DBT Therapy (by appointment, included in full package)	30 Phone coaching	31 DBT Skills training 4pm Phone coaching



Phone coaching is available every day.



Individual DBT Therapy: 1 session per week by appointment, included in the full package.



DBT Skills training every Saturday at 4pm.

DBT PROGRAM PACKAGE

FULL PROGRAM: EARLY BIRD

Full Program inclusions: This is the program that follows the full DBT roll-out as constructed by Linehan Institute. Participants would go through an intensive phase for 15 weeks, which includes:

- 7 individual therapy sessions (7 sessions, every 1 or 2 wks)
- Weekly Skills Training sessions (15 sessions, weekly, Saturdays, 4pm to 6pm)
- Phone Coaching (unlimited during the 15 weeks)
- Family/ Loved One, complimentary interpersonal skills training workshop (ONLINE, after the 15-wk program)

Furthermore, for graduates of the program, they would be entitled to the following long-term benefits:

- May drop-in/ return to join skills training **at no additional cost.**
- Continued access to phone coaching, even upon completion of the program (may include minimum fee if more than 5 mins).

25% DISCOUNT
EARLY BIRD RATE (INCLUDES
PWD):

P 102,000—

PAYMENT
SCHEME:

For early bird discount-- 25% from original price. Full payment or 50-50 check payments dated on Day 1 and post-dated check dated for Day 4.

**Please note that individual sessions would be 7 sessions (every 2 weeks), unless otherwise specified by your primary psychiatrist or as recommended by the DBT Team Therapeutic Head. Additional individual sessions would be settled out of pocket.*

FULL PROGRAM: REGULAR RATE W/PWD

Full Program inclusions: This is the program that follows the full DBT roll-out as constructed by Linehan Institute. Participants would go through an intensive phase for 15 weeks, which includes:

- 7 individual therapy sessions (7 sessions, every 1 or 2 wks)
- Weekly Skills Training sessions (15 sessions, weekly, Saturdays, 4pm to 6pm)
- Phone Coaching (unlimited during the 15 weeks)
- Family/ Loved One, complimentary interpersonal skills training workshop (ONLINE, after the 15-wk program)

Furthermore, for graduates of the program, they would be entitled to the following long-term benefits:

- May drop-in/ return to join skills training at no additional cost.
- Continued access to phone coaching, even upon completion of the program (may include minimum fee if more than 5 mins).

FULL PAYMENT WITH PWD
DISCOUNT:

P 120,000—
P135,000 if no PWD.

PAYMENT
SCHEME:

A: 50-50 Payment scheme-- settled before module 1 and before module 2
B: 3 installments-- settled before module 1, before module 2 and before module 3

**Please note that individual sessions would be 7 sessions (every 2 weeks), unless otherwise specified by your primary psychiatrist or as recommended by the DBT Team Therapeutic Head. Additional individual sessions would be settled out of pocket.*

DBT SKILLS ONLY PROGRAM:

This program are for those who were only recommended by their psychiatrist/ attending to only avail of the skills training. Skills training is weekly for 15 weeks. Saturdays, 4pm to 6pm. Included with this package: materials for skills training. Participants may access the coaching phone, during the 15-week skills training, but with an additional fee of P1000 for 10 minutes. No more access after the 15-week skills training is completed.

NOTE: Please note that the DBT Therapy program that is adherent and supported by studies is the full program. However, skills training may be advised by some psychiatrists, as complimentary to their already existing therapy. An enrollee for skills training may shift to full program after the first module.

FULL PAYMENT WITH PWD
DISCOUNT:

P 75,000—

PAYMENT
SCHEME:

Full payment or 50-50 Payment scheme-- to be settled before module 1 and before the start of module 2

No refunds would be given when you miss a session. Missing 4 sessions in a row, without prior notice would mean that you are no longer interested to continue.

Agos Diwa Mental Health Services:



Individual Therapy/ Coaching

Individual therapy with Agos Diwa practitioners are by appointment

- Individual psychotherapy (adult) with licensed psychologist
- Child and Adolescent psychotherapy with licensed psychologist
- Individual Coaching Sessions
- Consultations are hybrid (online or onsite)

Psychiatric Consultation

- Agos Diwa psychiatrists are Fellows of the Philippine Psychiatric Association (PPA).
- Consults are by appointment, hybrid set-up.
- Subspecialty consult: Addiction Psychiatry

Specialized Coaching Interventions

- Couple's Interpersonal Effectiveness Coaching
- Family Interpersonal Effectiveness Coaching
- Acceptance and Commitment Therapy

Mental Health Workshop/ Program Development

Experts at Agos Diwa & Agos Diwa network of consultants can help your institution develop programs and targeted workshops to meet company needs for workplace/school mental health.

- Mental Health lecture/ lecture series for corporations/ institutions/ employee assistance
- Development of Mental Health Program
- Capacity building workshops for psychosocial support and leadership development.
- Mindfulness Based Stress Reduction for lay/ companies (4 sessions or 8 sessions)
- Critical Incident Stress Debriefing (group)
- Coaching workshops for capacity building

Intensive, Structured Therapy Programs

See our brochures for more details on these evidence-based, clinically recommended, therapy interventions.

- **Dialectical Behavioral Therapy (DBT):** Full program (15 wks) as developed by Marsha Linehan. Full program includes: A) skills training (mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness), B) individual DBT therapy and C) phone coaching. Delivered in both onsite and online format.
- **Mindfulness Based Cognitive Therapy (MBCT):** Full 8-session mindfulness-based intervention program designed to compliment psychiatric treatment for common psychiatric symptoms, to help lessen symptom intensity and to help promote relapse prevention. Delivered in online OR onsite format. This is a certification program (pre-requisite/ step 1 for teacher certification, for those interested to train further).
- **3-hour Mindfulness Based Silent Retreat:** designed for deepening of mindfulness practice. Comes with certificate for those who would be going to further training. FREE for those enrolled in MBCT.



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