

# CBT VS DBT DECISION TREE

Last revised June 2025

Client Presentation	Recommended Therapy
Emotional regulation issues, self-harm, BPD traits	DBT
Cognitive distortion, anxiety, depression	CBT
Difficulty tolerating distress or forming stable relationships	DBT
Structured, insight-oriented, goal-focused	CBT

This decision tree is intended to support primary care providers in distinguishing when Cognitive Behavioural Therapy (CBT) or Dialectical Behaviour Therapy (DBT) may be most appropriate, based on presenting symptoms and patient needs. It is designed as a general guide and does not replace clinical judgment. Please use your discretion.

