

**Article: 0951**

**Topic: EPW11 - e-Poster Walk Session 11: Suicidology and Suicide Prevention part 1**

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**Cognitive Behavioral Therapy and Dialectical Behavioral Therapy in Suicidal Patients**

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**Introduction:** Suicidality is a serious social problem. There is a limited evidence of pharmacotherapeutic options, therefore cognitive-behavioral therapy (CBT) and dialectical-behavioral therapy (DBT) play the crucial role in treatment of suicidal patients.

**Method:** The search covered databases Web of Science and Pub Med. Search was limited by the years 1990 to 2013.

**Results:** Main psychotherapeutic strategies in acute phase are based on intervention; making contact, identification of the stressors and developing of therapeutic relationship. The most important aspects of CBT approach concern teaching the patient how to understand stimulus of suicidal behaviour, how to control emotions and search for the reasons to live. DBT has proven its effectiveness in coping with emotional lability, which can lead to suicidal behaviour. The basic DBT principles include stress tolerance, emotional regulation and interpersonal effectiveness.

**Conclusion:** Despite the frequent use of CBT in the treatment of suicidal patients, the evidence of effectiveness from the studies of this approach is not sufficient enough. Problem solving strategies have been confirmed as effective. DBT proved to be successful in the treatment of suicidality of borderline personality disorder.