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Hey everyone! Today I decided to record a video about my experience of **DBT** so far! I hope it helps. PS. plz ignore the overflowing ...

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***Dialectical Behaviour Therapy/DBT for Borderline Personality Disorder Q&A / thatgirlwithBPD*** Super sorry for the way this video just cuts off. Didn't realise until editing that the camera had cut out a minute before the end of the ...

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