

Quick and Dirty DBT:
Basics of DBT Skills Training for Practical
Application

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Presentation Outline

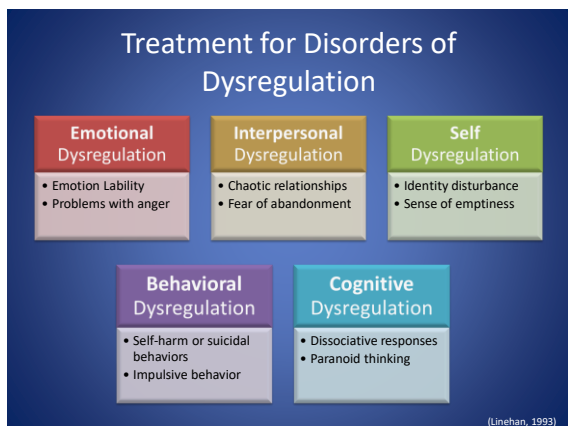
- Quick and Dirty overview of DBT
 - What is DBT
 - What DBT is for
 - Why DBT is needed
 - How DBT is structured
- Quick and Dirty Skills

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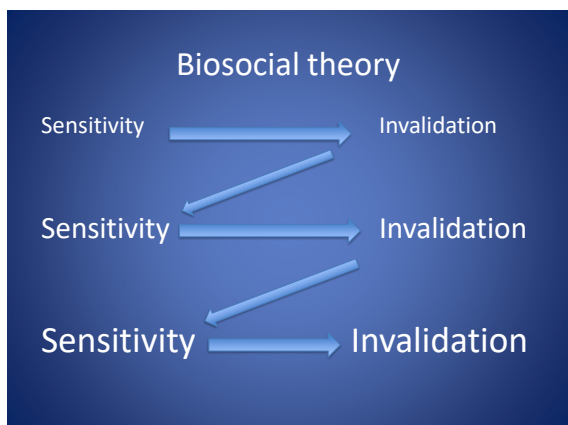
What is DBT?

- Broad-based Cognitive Behavioral therapy
- Transtheoretical
- Blending of 3 components
 - Zen practice (acceptance)
 - Radical Behaviorism (change)
 - Dialectics (balancing)
- Originally developed to treat Borderline Personality Disorder

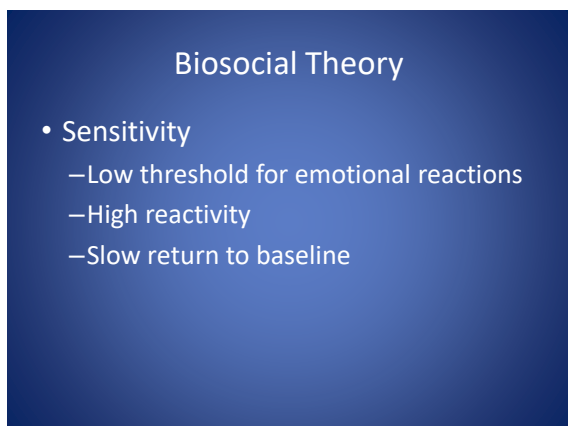
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Biosocial Theory

- Invalidating environment
 - Rejects private experiences
 - Punishes emotional displays
 - Intermittently reinforces emotional escalation
 - Over-simplifies ease of problem solving

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Dialectics

- The synthesis of two things that appear to be opposites
 - Acceptance and Change
 - You're doing the best you can and You need to do better, try harder, do more
- BALANCE
- Dialectics is what structures the treatment strategies and goals

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DBT Treatment Modes

- Individual treatment
- Skills training
- Between session coaching
- Therapist consultation

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Stages of Treatment

Pre-treatment	Commitment & Agreement
• Stage 1: Severe Behavior Dyscontrol	Behavioral Control
• Stage 2: Quiet desperation	Emotional Experiencing
• Stage 3: Problems in Living	Ordinary happiness/unhappiness
• Stage 4: Incompleteness	Capacity for Joy

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Structure of Skills Training Groups

- Session-beginning ritual
- Homework review
- Mindfulness (or break)
- Presenting new material
- Closing/wind down

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Structure of Skills Training Groups

- 2 leaders
- Open or closed groups
- Heterogeneous or homogenous
- Recommended number of participants
- Ways to structure modules

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Skills Modules

- Mindfulness (Acceptance)
- Interpersonal Effectiveness (Change)
- Emotion Regulation (Change)
- Distress Tolerance (Acceptance)

- Middle Path (for teens) (Both)

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Core Mindfulness

- Goals of Mindfulness
 - Increase control of your mind
 - Experience reality as IT IS....be present and participate fully

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Quick & Dirty Skills

- Mindfulness skills
- Interpersonal Effectiveness skills
- Emotion Regulation skills
- Distress Tolerance skills

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Core Mindfulness Skills

- Identifying States of Mind
- “What” Skills
- “How” Skills

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Mindfulness

- States of Mind

A Venn diagram with two overlapping circles. The left circle is labeled 'Reasonable Mind' and the right circle is labeled 'Emotional Mind'. The overlapping area in the center is labeled 'WISE MIND'.

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Mindfulness

- “What” Skills
 - Observe
 - Describe
 - Participate

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Observe & Describe Exercise

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Participate Exercise



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Mindfulness

- “How” Skills
 - Non-judgmentally
 - One-mindfully
 - Effectively

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Non-Judgment Exercise



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15 Minute Break

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Interpersonal Effectiveness

- Goals of Interpersonal Effectiveness
 - Get what you want, set a boundary & assert yourself
 - Ask or say No
 - Build and keep healthy relationships
 - Maintain or improve self-respect

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Interpersonal Effectiveness

- Core Interpersonal Effectiveness Skills
 - Clarifying priorities
 - DEAR MAN (objective)
 - GIVE (relationship)
 - FAST (self-respect)
 - Intensity Factors

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Interpersonal Effectiveness

- Clarifying Priorities
 - Specify your goal with regard each area
 - Objective: what do you want?
 - Relationship: how do you want the person to feel about you?
 - Self-respect: how do you want to feel about yourself?
 - Rank order these

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Interpersonal Effectiveness

- D - describe
- E - express
- A – assert (ask or say no)
- R – reinforce

- M – be mindful (ignoring, broken record)
- A – appear confident
- N – negotiate (turn the tables)

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Interpersonal Effectiveness

- G – be Gentle
- I – act Interested
- V – Validate
- E – use an Easy manner

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Interpersonal Effectiveness

- F – be Fair
- A – Apologize appropriately
- S – Stick to Values
- T – be Truthful

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Interpersonal Effectiveness

- Factors Determining Intensity
 - Capability
 - Priorities
 - Self-respect
 - Rights
 - Authority
 - Relationship
 - Long-term vs short-term goals
 - Reciprocity
 - Homework
 - Timeliness

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Emotion Regulation

- Goals of Emotion Regulation
 - Understand your own emotions
 - Decrease the frequency of unwanted emotions
 - Decrease vulnerability to emotion mind
 - Decrease emotional suffering

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Emotion Regulation – Understand your own Emotions

- Myths about emotions
- Purpose of emotions
 - 3 functions of an emotion: organize behavior, communicate/influence others, communicate to yourself
- A model of emotions
- Name emotions

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Model of Emotions

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Emotion Regulation – Decrease unwanted emotions

- Check the facts
 - Determining when an emotion is justified vs not justified – with regard to situation, intensity, duration, and goals (effectiveness)
- Opposite Action
- Problem Solving

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Opposite Action

- Doing the opposite of the urge that comes with an emotion
 - Sadness – withdrawal (urge) – activity (opposite)
 - Anger – attack (urge) – gently avoid (opposite)
 - Anxiety – avoid (urge) – approach (opposite)
 - Shame – hide (urge) – go public (opposite)
 - Guilt – apologize/fix (urge) – repeat (opposite)

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Opposite Action

- Doing the opposite of the urge that comes with an emotion
 - Envy – destroy (urge) – count blessings (opposite)
 - Jealousy – control (urge) – let go (opposite)
 - Disgust – distance (urge) – get close (opposite)
 - Love – connect/be close (urge) – avoid (opposite)

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**Emotion Regulation –
Decrease vulnerability**

- A – Accumulate positive emotions
- B – Build mastery
- C – Cope ahead
- P – treat Physical illness
- L
- E – balance Eating
- A – Avoid mood altering substances
- S – balance Sleep
- E – get Exercise

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**Emotion Regulation -
Decrease emotional suffering**

- Mindfulness of Emotions: Letting Go
 - Observe & describe your emotion
 - Experience it as a wave
 - Be mindful of your body
 - Remember you are not your emotion
 - Love your emotion

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Distress Tolerance

- Goals of Distress Tolerance
 - Survive crisis situations without making them worse (bear pain skillfully!)
 - Accept Reality as it is in the moment
 - Become free

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Distress Tolerance

- What is a Crisis?
 - Highly stressful situations with potential for very negative outcomes
 - Short-term
 - Intense pressure for quick resolution
 - Acting on destructive urges
 - Avoiding demands

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Distress Tolerance

- Crisis Survival Skills
 - STOP skill
 - Pros and Cons
 - TIPP skill
 - Distracting with Wise Mind ACCEPTS
 - Self-soothing with senses
 - IMPROVE the moment

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Distress Tolerance

- STOP skill
 - S – Stop
 - T – Take a step back
 - O - Observe
 - P – Proceed mindfully

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Distress Tolerance

- Pros and Cons Example

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Distress Tolerance

- Changing Body Chemistry: **TIPP skills**
 - T – Temperature
 - I – Intense exercise
 - P – Paced breathing
 - P – Paired muscle relaxation

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Distress Tolerance

- Distraction Skills: Wise Mind **ACCEPTS**
 - A - Activities
 - C - Contributing
 - C - Comparisons
 - E – other Emotions
 - P – Pushing Away
 - T - Thoughts
 - S - Sensations

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Thoughts Exercise

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Distress Tolerance

- Self-soothing
 - Identifying what is soothing and nurturing to each sense
 - Mindfully engaging with your five (six) senses

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Distress Tolerance

- Changing a situation in your mind: **IMPROVE** the moment
 - I - Imagery
 - M - Meaning
 - P - Prayer
 - R - Relaxation
 - O - One thing in the moment
 - V - Vacation
 - E - Encouragement

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Distress Tolerance

- Reality Acceptance Skills
 - Radical Acceptance
 - Turning the mind
 - Willingness
 - Half-smile
 - Willing hands
 - Mindfulness of current thoughts

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Distress Tolerance

- Radical Acceptance
 - The ability to stop fighting reality or fighting against things that “should be” but are not
 - Learning to say “it is what it is”
 - Acceptance vs. Approval
 - Accepting in mind, body, and spirit

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Willing Hands & Half-Smile Exercise

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Urge Surfing Exercise

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Questions

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