

Overview of DBT



Where We Left Off

- Dialectics
- The Spirit
- The Philosophy



Modes of DBT

1. Skills Training
2. Individual Therapy
3. Phone Coaching
4. Team Consultation
5. Ancillary Treatment



Functions of the Modes

Skills Training:

- Enhance Capabilities to Change



Functions of the Modes

Individual Therapy:

- Enhance Motivation to Change



Functions of the Modes

Phone Coaching:

- Ensure Skills Generalizations in Their Lives



Functions of the Modes

Team Consultation:

- Enhance the Capabilities and Motivation of the Clinician



Functions of the Modes

Ancillary Treatment:

- Structure the Environment to Support Clients and Clinicians



Validation

1. Stay Awake & Engaged
2. Reflective Listening
3. Verbalize Unspoken Emotions
4. Validate Based on Learning & Past Experience
5. Validate Based on Typical Functioning in Current Context
6. Radical Genuineness



Therapeutic Dialectics

- Levels of Validation
- Emotional Validation
- Cognitive Validation
- Behavioral Validation
- Cheerleading
- Contingency Management
- Exposure
- Cognitive Restructuring
- Skills Training



DBT Interventions

- Validation
- Positive Reinforcement
- Skills Training
- Diary Cards
- Chain Analysis





Skills Categories

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness
- Middle Path



Mindfulness Skills

Balancing being in the here & now:

- Non-judgmental with self and others
- On the inside & outside
- Along with a little bit of the past & future
- Focus on being as effective as possible now



Distress Tolerance

Assists clients in building frustration tolerance by balancing active strategies and willingness.

Focuses on crisis survival strategies by using the skills, staying focused on the moment, and distraction.





Emotional Regulation

Empower clients to build impulse control and ability to tolerate/modulate emotions.

Teach that feeling a strong impulse or emotion is not the same as acting on it.

The ability to make lemonade out of lemons.



Interpersonal Effectiveness Skills

- Objective Effectiveness: Getting wants and needs met in relationships
- Relationship Effectiveness: Sustaining healthy, functional relationships
- Self Respect Effectiveness: Avoiding being out of balance with too much or too little self-respect.

Got keep all three of these plates spinning.

Skills Modules

DBT teaches skills in 4 Categories:

Mindfulness: Being in the current moment, today, or the here and now most of the time. It is about being non-judgmental with yourself and others.

Distress Tolerance: Managing frustrations, stress, and problems effectively. It is about being active in solving problems and accepting when things are out of your control.

Emotional Regulation: Having healthy emotional expression and impulse control. Balancing coping and managing emotions as well as tolerating them by "riding the wave."

Interpersonal Effectiveness: Getting your needs met in relationships. Sustaining healthy relationships while also maintaining self-respect.

One or all of the DBT skills categories will be helpful to me by:



The Middle Path





Middle Path

A synthesis of dialectical thinking and behavior that creates balance in family relationships.

- Validation of Self & Others
 - Thinking & Acting Dialectically
 - Focus on Behavioral Change
- Willingness to:
- Participate
 - Collaborate
 - Implement
 - Sustain



Meta Skills

Meta-Skills

- MEDDSS
- Wise Mind
- Effectively
- DEAR SELF – GIVE – FAST
- Nonjudgmental
- Radical Acceptance

MEDDSS

M = Mastery

E = Exercise

D = Diet

D = Drugs

S = Sleep

S = Spirituality

A Venn diagram consisting of three overlapping circles. The left circle is blue and labeled 'Rational Mind'. The right circle is gray and labeled 'Emotional Mind'. The central circle, where the three overlap, is purple and labeled 'Wise Mind'. The background is a blue gradient with a white top border and some decorative green and cyan lines.

Rational Mind




Wise Mind

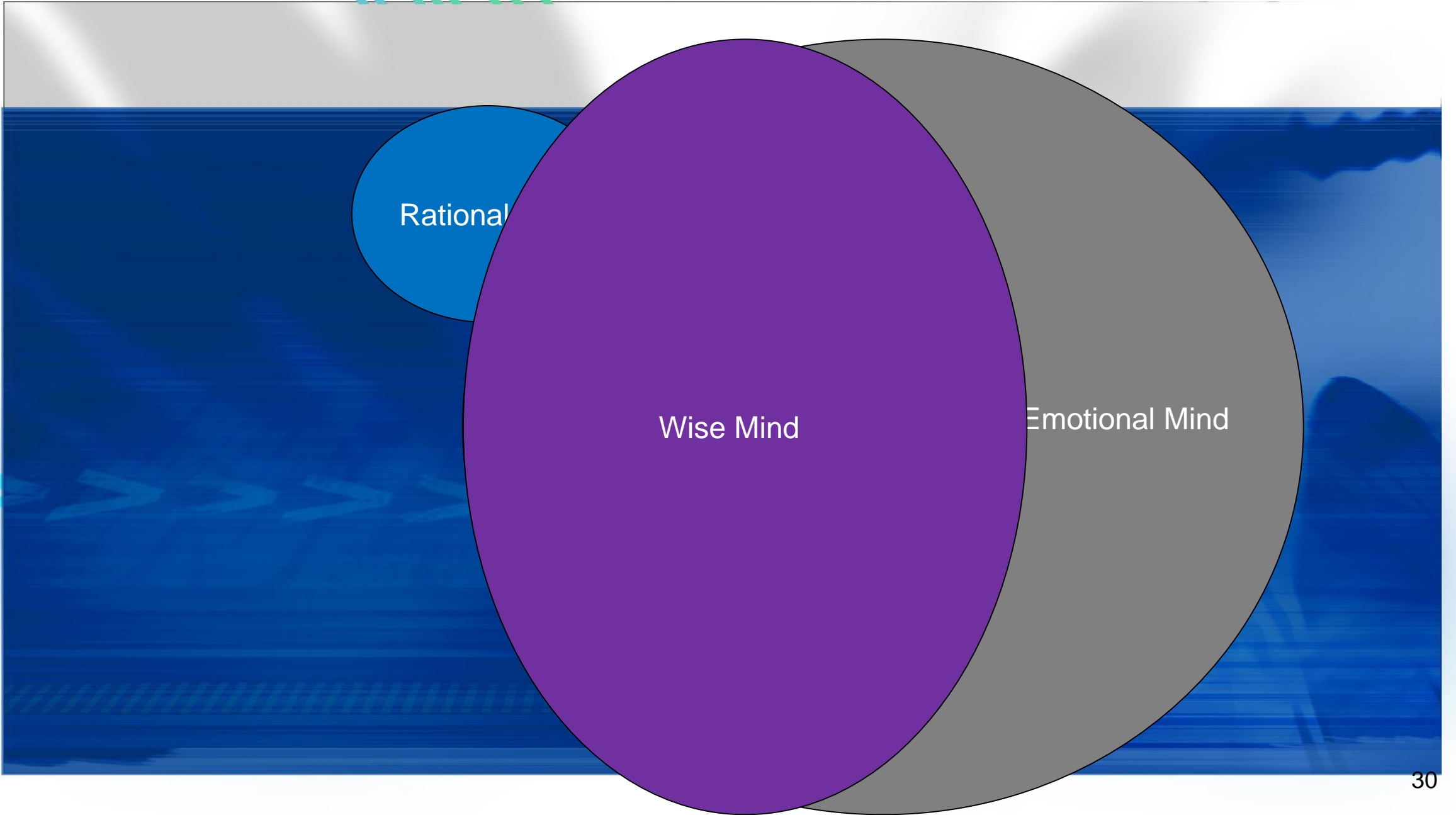
Emotional Mind



Wise Mind

Balancing
Rational Mind
&
Emotional Mind
to Create Wise Mind





Effectively

- Working with clients to be effective in their lives.
- Helping them to see what is more effective and avoid less effective strategies and behaviors.
- Avoid judgmental words such as better, worse, good or bad.

Interpersonal Effectiveness

DEAR SELF

- D = Describe what you want
- E = Encourage others to help you
- A = Ask what you want
- R = Reinforce when others help

- S = Sometimes tolerating not getting what I want
- E = Experiencing the present moment mindfully
- L = Listening skillfully to myself and others
- F = Finding negotiation opportunities

Interpersonal Effectiveness

GIVE

- G = Gentle
- I = Interest
- V = Validate
- E = Easy Manner

FAST

- F = Fair to self
- A = Apologize less
- S = Stick to values
- T = Truthful with self & others

Nonjudgmental

- Suspending evaluations about self and others.
- Describing things concretely.
- Liking or disliking things.
- Values are not judgments.



Radical Acceptance

- The Serenity Prayer
- Clients have the ability to control themselves in terms of thoughts, feelings & actions.
- Clients don't have control over what happens around them and what others do.
- Clients effectively focus their attention and energy on what they can control and change, themselves.



Small Group Activity

- In your small groups, review the Meta-Skills Worksheets.
- Discuss how you can help the clients to use the Meta-Skills in their lives by using these worksheets or other methods.