

DBT – Dialectical Behavior Therapy



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Acceptance is the only way out of Hell

-- Marsha Linehan

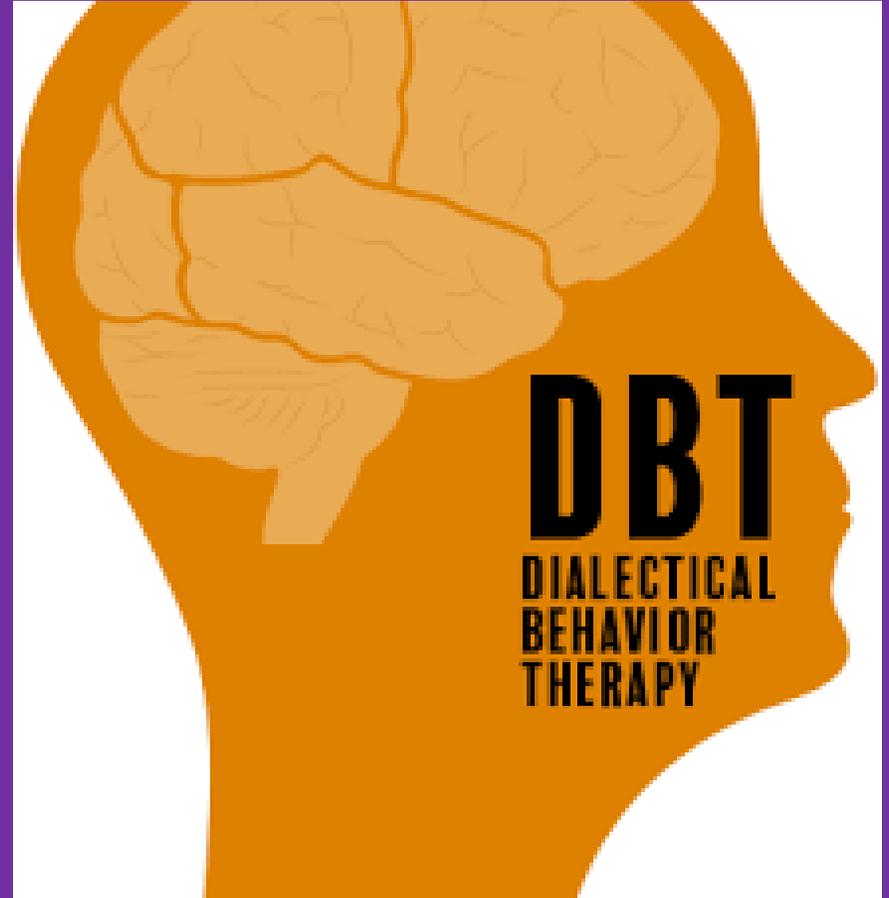
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What is DBT?

As cited in VeryWellMind: “Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

DBT was originally intended to treat borderline personality disorder (BPD), but it has been adapted to treat other mental health conditions. It can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviors (such as eating disorders and substance use disorders).

This type of therapy is also sometimes used to treat post-traumatic stress disorder (PTSD).



Click below for an excellent introduction to DBT as cited in VeryWellMind

<https://www.verywellmind.com/dialectical-behavior-therapy-1067402>

Four skill modules of DBT

Mindfulness
non-judgmental
awareness of
the present
moment.

**Distress
Tolerance**
handling crisis with
greater calm and
acceptance to
improve the
outcome.

**Emotion
Regulation**
changing undesired
emotions and
reducing
vulnerability to
them.

**Interpersonal
Effectiveness**
getting more needs
met while preserving
both relationships
and self-respect.

Mindfulness

What is it?

What is Mindfulness?



- Purposeful attendance to the present moment
 - If there was only one skill to teach, mindfulness is the one to teach.



- First thing to notice is the desire to stop
- Mindfulness is about being with what is there
 - Senses
 - Thoughts

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Mindfulness

There are many simple ways to practice mindfulness. Some examples include:

Pay attention. It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.

Live in the moment. Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.

Accept yourself. Treat yourself the way you would treat a good friend.

Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

Mindfulness

You can also try more structured mindfulness exercises, such as:

Body scan meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

Walking meditation. Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

What is Distress Tolerance?

Distress Tolerance

- ▶ Distress tolerance is a natural progression from mindfulness
 - ▶ Accepting, nonjudgmentally, oneself and the situation
 - ▶ Not trying to change the situation, your feelings, thoughts or urges
- ▶ Distress tolerance means surviving crises, accepting life as it is in the moment.

Tolerance and acceptance of reality do not equate with approval

Goals of Distress Tolerance

Goals of Distress Tolerance

- ▶ The goal of distress tolerance is to accept, find meaning for and tolerate distress
- ▶ Pain and distress are part of life. Refusing to accept this leads to suffering
- ▶ Any attempts at change will produce distress, therefore distress tolerance skills are necessary

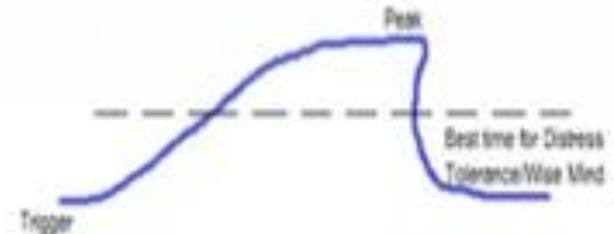
Change causes crisis and crisis causes change

Distress Tolerance

Urge Surfing

Urge Surfing

- ▶ Urges are generally intense for 20-30 minutes
- ▶ Every time you have an urge think, "I have a choice!"
- ▶ Surf the urge by opening yourself up to the urge. This doesn't mean that you consume yourself in it (which feels horrible) or fight it and push it away. What you do is experience the feeling of the urge with acceptance, non-judgement, and be sensitively aware that it is there.

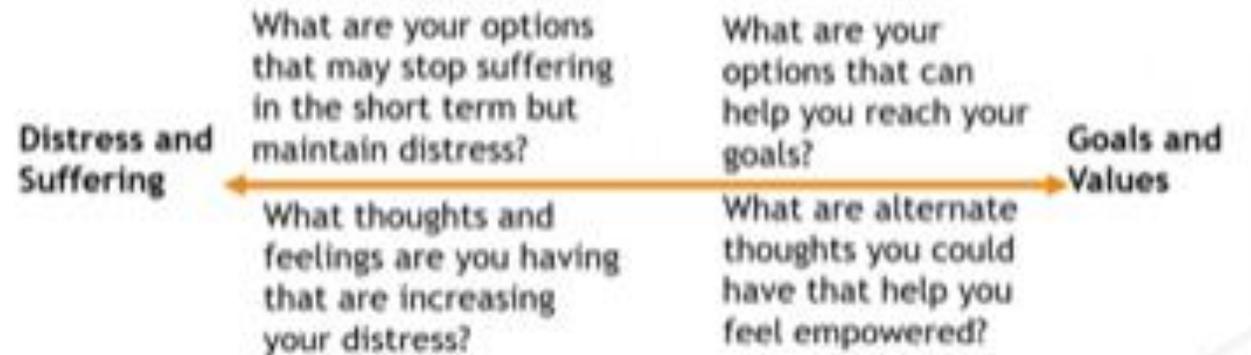


Distress Tolerance

Stop Skills

STOP Skills

- ▶ Stop
- ▶ Take a step back
- ▶ Observe
- ▶ Proceed Mindfully



Distress Tolerance

TIPP Skills

TIP Skills

- ▶ Temperature
- ▶ Intense Exercise
- ▶ Paced Breathing
- ▶ Paired Muscle Relaxation
 - ▶ The act of muscle relaxation is paired with a verbal cue
 - ▶ What reactions do you have that are paired with verbal cues?

Positive Arousal	Unpleasant Arousal
Let's go to dinner How would you like to... Baby laughing	Clear your desks....Quiz time We need to talk.

Distress Tolerance ACCEPTS Skills

A.C.C.E.P.T.S

DISTRESS TOLERANCE SKILL INTENDED TO HELP DISTRACT US
GET US THROUGH DIFFICULT EMOTIONAL SITUATIONS EFFECTIVELY

A **ACTIVITIES.** Put your mind into an activity to take your mind off your situation. Whatever you choose, do it mindfully. Clean a room in your house. Find an event to go to. Exercise. Go out for a meal or eat a favorite food.

C **CONTRIBUTING.** Helps you distract from your own pain by focusing your mind on someone else. Find volunteer work to do. Help a friend or family member. Give away things you don't need. Do something thoughtful!

C **COMPARISONS.** Compare how you are feeling now to a time when you felt different. Think about people coping the same as you or less well than you. Compare yourself to those less fortunate.

E **EMOTION.** Distract from one emotion by cultivating another. For this to work, you need to read or watch or listen to things that have an emotion opposite to one you are feeling. If you are sad, watch a comedy.

P **PUSH.** Push away a distressing situation by leaving it mentally for a while. This skill works well on situations you can't solve right now but are causing you grief. It's not to be used as avoidance of something that is solvable.

T **THINK.** Focus on one thing at a time. Count to 10; count colors in a painting or poster or out the window; count anything. Repeat words to a song in your mind. Work puzzles. Watch TV or read.

S **SENSATIONS.** A strong physical stimulus can loose your connection to your pain and distract you from it. This is a great skill to use if your distress triggers self-injurious behaviors. Squeeze a rubber ball hard. Listen to very loud music.

Distress Tolerance

IMPROVE Skills

Distress Tolerance Skill

I.M.P.R.O.V.E

- I** **IMAGERY**
Imagine your safe place that has everything that you need in the one spot, or imagine yourself coping successfully in the difficult situation that you are in right now.
- M** **MEANING**
Try and find meaning in the moment, look at your values and purpose, focus on the things that are important to you.
- P** **PRAYER**
Prayer can mean different things to everybody. It may be to pray to the higher god, or maybe it means praying to find strength within yourself in that moment.
- R** **RELAXING ACTIONS**
Do something relaxing for yourself to try and find peace and calm. Read a book, have a bath, listen to music or go for a walk.
- O** **ONE THING IN THE MOMENT**
Mindfully focus on the moment, try and keep your attention on the task you are doing.
- V** **VACATION**
Give yourself a short vacation, switch off your phone, give yourself a mini break that you know you deserve.
- E** **SELF ENCOURAGEMENT AND RETHINKING**
Practice positive self talk. Say things such as "I am braver than I think", or "I can do this".

Distress Tolerance

Reality Acceptance

Reality Acceptance

▶ Willingness vs. Willfulness

- ▶ Willfulness forgets, ignores or actively tries to change, master, direct, control or manipulate what is
- ▶ Willingness is a surrendering to a process in which one is already a part



Reality Acceptance

- ▶ Half Smiling and Willing Hands
 - ▶ Emotions are partially controlled by facial expressions.
 - ▶ Half smiling with lips slightly upturned
 - ▶ Hands are unclenched, palms up, fingers relaxed
- ▶ Mindfulness of current thoughts
 - ▶ Recognize that thoughts are just neural firing in the brain, not facts about the world
 - ▶ Allow the thoughts to come and fade



Distress Tolerance

Reality Acceptance



Emotion Regulation

Emotional Regulation

▶ Goals

- ▶ Identify, label and understand emotions
- ▶ Decrease unwanted emotional responses
- ▶ Decrease emotional vulnerabilities

▶ Skills

- ▶ Identify and label emotions and their functions
- ▶ Improve self-awareness
- ▶ Conduct behavior chain analysis

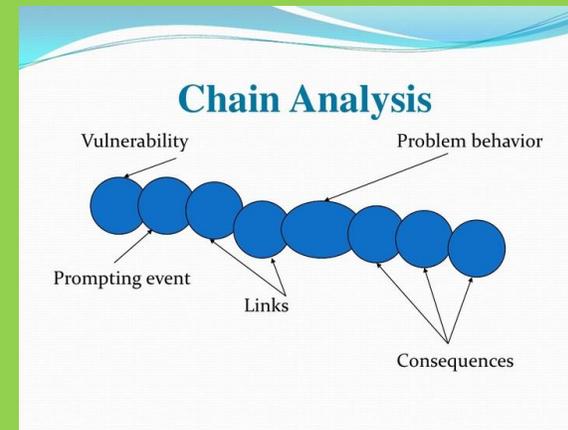
Emotion Regulation

COP and ABC-P

Emotion Regulation

- ▶ COP—Police your thoughts
 - ▶ Check the facts
 - ▶ Opposite actions
 - ▶ Problem solving
- ▶ Reduce Vulnerability ABC-P
 - ▶ Accumulate positives
 - ▶ Build mastery
 - ▶ Cope ahead of time
 - ▶ Physical vulnerability prevention (health, sleep, exercise)

Emotion Regulation Behavior Chain Analysis



Emotional Regulation

▶ Behavior Chain Analysis

- ▶ Name the behavior/reaction
- ▶ Identify the prompting event
- ▶ Identify behavioral links (sensations, thoughts, events, feelings)
- ▶ Short term positive and negative effects
- ▶ Long term positive and negative effects
- ▶ Address the problematic links with skills
 - ▶ Sensations/Actions—Distress tolerance
 - ▶ Thoughts/feelings- Emotional regulation



Interpersonal Effectiveness

DEAR MAN

Getting What YOU Want (DEAR MAN)

- Describe** Describe the current situation, if necessary.
- Express** Express your **Feelings** and **Opinions** about the situation.
- Assert** Assert yourself by **Asking for what you want** or **Saying NO** clearly.
- Reinforce** Reinforce the person ahead of time by explaining the positive effects of getting what you want or need.
- Mindful** Keep your focus **On Your Objectives**
- Appear confident** Appear **Effective** and competent. Use a confident voice tone and physical manner. Make a good eye contact.
- Negotiate** Be willing to **Give To Get**. Offer and ask for alternative solutions. Reduce your request. Focus on what will work.

Interpersonal Effectiveness

FAST Skill

Interpersonal Effectiveness

F.A.S.T. - A DBT Skill

- F** **Be fair**, avoid judgment and stick to the facts.
- A** **Don't apologize**, when you don't have to. Asserting yourself and ask for what you need.
- S** **Stick to Your Values**, make sure you confidently stick to your truth.
- T** **Be Truthful**, avoid exaggerating. Stick to the facts, don't stretch them. Dishonesty over time erodes your self-respect.

Interpersonal Effectiveness

FAST Skill

Interpersonal effectiveness skill

G.I.V.E

G

GENTLE

Be more gentle and treat the other person with respect. Don't threaten, attack or express judgment during your interactions with other people.

I

INTERESTED

Listen and look interested in the other person. Show interest in other people's point of view by listening without interrupting.

V

VALIDATE

Show other people that you understand by validating their thoughts and feelings. Try to recognise when you are demanding, and respect their opinions.

E

EASY MANNER

Be light hearted, smile and show an easy manner by using a little humour. Leave your attitude at the door.