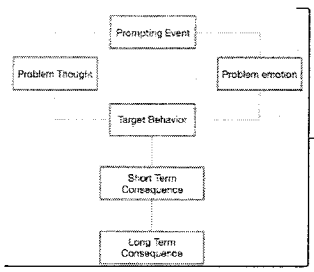
DBT skills

Problem Solving

- Models
  - Biosocial model
    - Biology and social (learning)
    - DBT
      Biology = emotion vulnerability
      Learning = invalidating environment
  - Trait based model
    - Characteristics within the individual
  - 3 Types of Learning
    - Observational
      - Model
    - Operant
      - Learn through consequences
    - Respondent
      - Association, automatic response
- Identifying the problem
  - Defining the problem
    - State problem or goal
    - Define the problem behaviorally
  - Goal setting (SMART)
    - Specific
    - Meaningful
    - Achievable
    - Recordable
    - Timeline
  - Shaping the problem
- Gathering data
  - Self-monitoring
- Analyzing the problem Chain analysis



- Finding solutions
  - Learn the skill
  - What is the obstacle for not using skill
  - Changing prompting events and contingencies
  - Modify your thinking
  - Exposure
- Improving motivation
  - Check your V.I.T.A.L.S
    - Validate
    - Imagine
    - Take small steps
    - Applaud yourself
    - Lighten your load
    - Sweeten the pot
- Relapse prevention
  - Relapse triggers
  - Understanding relapse cycle
  - myths about relapse

Interpersonal effectiveness

- Situations
  - Attending relationships
  - Balancing priorities vs. demands
  - Balancing wants-to-should s
  - Building mastery and self-respect
- Goals
  - Objective effectiveness
    - D.E.A.R M.A.N
      - Describe
      - Express
      - Assert
      - Reinforce
      - (stay) Mindful
      - Appear confident
      - Negotiate
  - Relationship effectiveness
    - G.I.V.E
      - Gentle
      - Interested
      - Validate
      - Easy manner
  - Self-respect effectiveness
    - F.A.S.T
      - Fair
      - (no) Apologies
      - Stick to values
      - Truthful
- Factors reducing Interpersonal effectiveness
  - Lack of skill
  - Worry thoughts
  - Emotions
  - Indecision
  - Environment

Emotion regulation

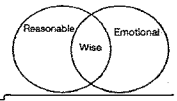
- Understand emotions
  - What emotions do for you
    - Communicate and influence others
    - Organize and motivate
    - Self-validating
- Ways to describe emotions
  - Prompting event
  - Interpretations
  - Experiencing
  - Expressing
  - Aftereffects
- Reduce emotional vulnerability
  - P.L.E.A.S.E MASTER
    - Physical illness (treat it)
    - Eating (do it balanced)
    - Altering drugs (mood, avoid)
    - Exercise (get it)
    - Mastery (build it)
- Increasing positive emotions
  - Build positive experiences
  - Mindful of positive experiences
  - Unmindful of worries
- Decrease emotional suffering
  - Observe your emotion
  - Experience your emotion
  - You are not your emotion
  - Practice loving your emotion
- Opposite to emotion-action
  - Works best if emotional intensity is NOT JUSTIFIED
  - Do it All the way
  - Step-by-Step: Decide - Check the facts - Act opposite - Continue - Repeat
- If emotion is justified
  - Distress tolerance, Problem solve, Radically accept or Crisis survival

Distress Tolerance

- Distract
  - A.C.C.E.P.T.S
    - Activities - what works for you
    - Contributing - to others
    - Comparisons - to people coping less
    - Emotions - opposite emotions
    - Pushing away - leave situation
    - Thoughts - time out for thoughts
    - Sensations - intense sensations
- Self-soothe
  - Five Senses
    - Vision
    - Hearing
    - Smell
    - Taste
    - Touch
- I.M.P.R.O.V.E the moment
  - Imagery
  - Meaning
  - Prayer
  - Relaxation
  - One thing in the moment
  - Vacation
  - Encouragement
- Pros and Cons
  - List pros and cons tolerating distress vs not tolerating distress
  - List negative and positive consequences
- Accepting reality
  - Half smile ⊕
  - Breathing ⊕
  - Awareness ⊕
  - Principles of Accepting Reality
    - Radical Acceptance
    - Turning the Mind
    - Willingness
    - Willfulness

Core Mindfulness

- States of mind



- What?
  - Observe
  - Describe
  - Participate
- How?
  - Non-judg-mentally
  - One-mindfully
  - Effectively

Orientation

- Dialectics
  - Acceptance - Middle path - Change
  - Dialectical abstinence
- Bio-Social Model
  - Biological contribution
  - Invalidating environment
- AAA model
  - Awareness - Mindfulness
  - Acceptance - Accepting reality
  - Action - Tolerate, Regulate, Communicate, Evaluate