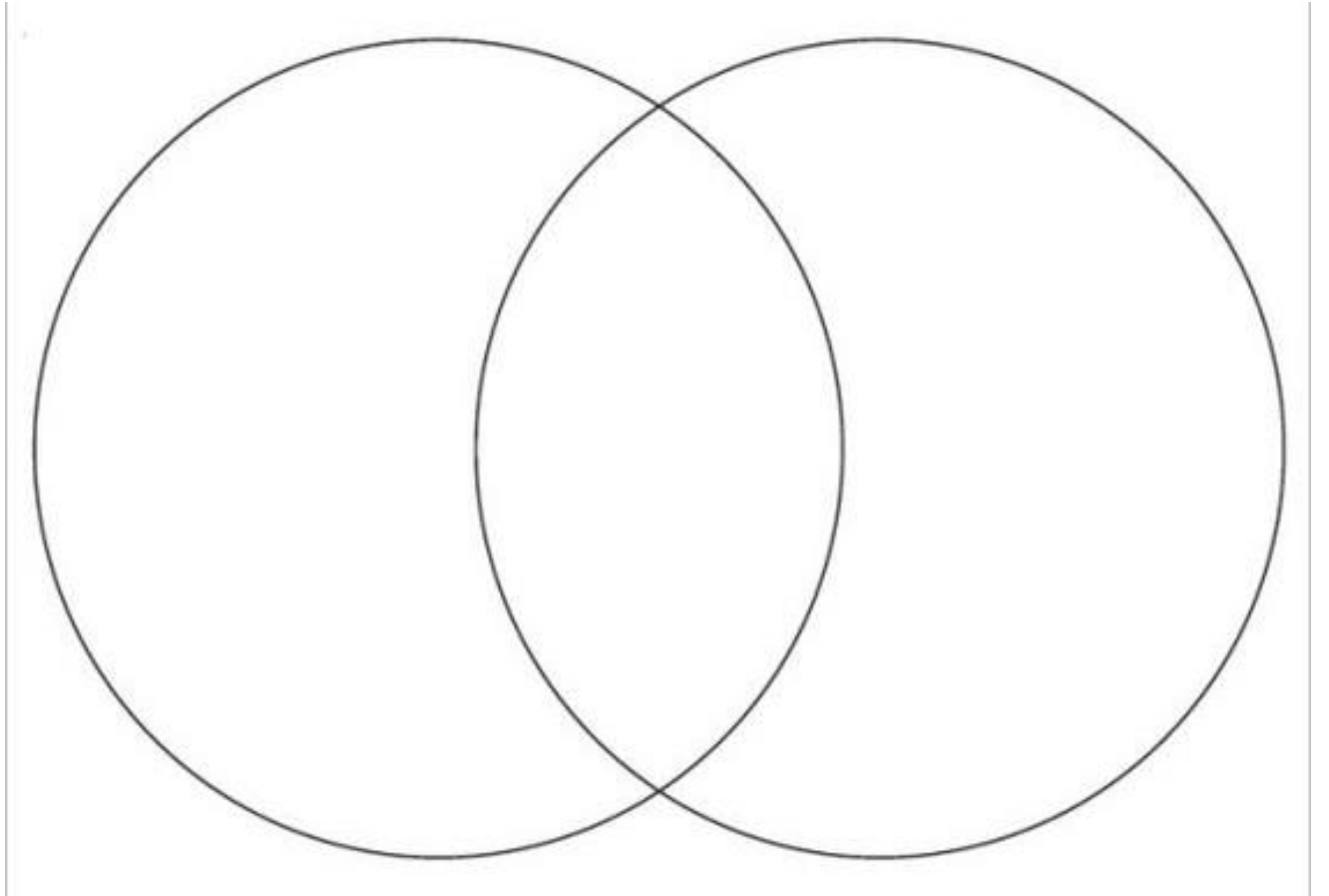


Dialectical Behavioral Therapy: DBT AS A FRAMEWORK FOR SELF CARE and PERSONAL DEVELOPMENT

- DBT is a way to make your personal life work for you acquiring a new outlook.....
earning a **LIFE WORTH LIVING.**
- Dialectical defined : Balance through opposing perspectives: Opposites..... Thinking and Feeling
- Life works (or not) based on choice and coping skills
- Logic is over rated : Humanity is a spiritual condition.
- Becoming...whole and complete without fragmentation.

The Mindfulness Model

- Rational Mind
- Emotion Mind
- Wise Mind



DBT PRESENTATION

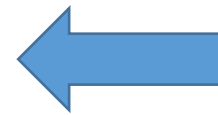
Four Basic Components

- Mindfulness
- Interpersonal Effectiveness
- Emotional Regulation
- Distress Tolerance

Interpersonal Effectiveness: Trauma impacts brain chemistry

- Weakens our personal boundaries and causes codependency
- Re-directs the brain's circuitry to re-define survival, specific to reward, motivation and memory.
- **Brain perceives survival information and then Instructs** the mind to cooperate with denial, enabling or substance use.
- "I may have become frozen in time. This could have been the foundation for my addiction when my brain perceived my trauma as life threatening. My brain in survival mode rewired a neural pathway in order to avoid or undermine my healthy primary concerns for the sake of my survival."

Psychological and/or
Biological Dysfunction



Invalidating
Environment



Constant Emotional Dysregulation

INTERPERSONAL EFFECTIVENESS

A Speaker and a Receiver: Requires a ‘quiet mind’.

- **Describe, Express, Assert, Reinforce, stay Mindful. Appear confident, Negotiate**
- **Gentle, Interested, Validate, Easy manner
within the context mindful equilibrium**
- **Fair to self and others, Apologize less, Stick to values, be Truthful**

LISTEN POWERFULLY TO WHAT IS IMPORTANT TO “THE OTHER”

Interpersonal Transactions within an invalidating environment

1. No reinforcement and possibly punishing for revealing : No Disclosure
2. Intermittent reinforcement for favorable behaviors: Suppression
3. Oversimplification of problem solving and inauthenticity: Perfectionism and paralysis
Pretending to understand.

Pinch goes to Crunch: Learning to tolerate some interpersonal invalidation.

Emotional vulnerability either Psychological/Biological inside an Invalidating Environment



Extreme responses

Drugs and alcohol or Prescribed medications

1. Causing a change behavior and impact environment favorably or unfavorably.
2. A change in behavior can result in a change in brain neurology and generate new neural pathways: favorably or unfavorably.

Transformation doesn't mean changing who you are but rather accepting who you are in the moment and being responsible for changing your own mind and behaviors.

'A leopard can't change his spots'

Personality Quadrants reveal a variety of human responses to life. Although it may be instinct to include the people in our lives that are similar to ourselves, it can also be a reflex to exclude others who do not respond to life in the same way that we do. Exclusion limits us from possibility and confines the way we are 'being' in a smaller and less interesting universe.

Not better: Just Different

Extrovert

People vs Things

Driver

High Responsiveness

Low responsiveness

Introvert

Analytical

The enrollment conversation

Human Beings are naturally ordinary human beings and we are naturally inauthentic. It is in our nature to pretend but there is always a cost. We are always ordinary but we are capable of being extraordinary at any moment.

- Establish relatedness
- Share inauthenticity
Share what the pretense covers up
- Share the impact of being inauthentic
- Invent the possibility for yourself and your life
- Share that possibility as a victory over the past
- Conversation for completion

EMOTIONAL REGULATION

Goals

1. Decrease unpredictable moods and emotions
2. Decrease problems associated with anger and intense emotional reactions
3. Reduce vulnerability to negative emotions and Build Self Fulfilling Positive Thinking.
4. Assignment of Meaning:
Refer to Behavior Chain

Tools for Emotional Regulation

- Physical well being, balanced eating, avoiding mood altering drugs, balanced sleep and balanced exercise
- Build Mastery: Do things that make you feel competent & confident.
- Build positive experiences: Increase the number of events that promote positive experiences.
- Radical Acceptance : Choose an effective way without reason
- Do the opposite of emotions with the opposite behavior
- Urge Surfing: Emotions and impulses come and go like the waves falling on the shore. They are continuously rolling in but we tend to forget that they eventually break on the shore. Tolerate your urges until they break on the shore.
- Feel your feelings and let them go.

DISTRESS TOLERANCE

Assumptions:

- I. Pain and Distress cannot be entirely avoided or removed.
- II. Pain avoidance often results in increased problems

Goal is learning to just get through the difficult times in the moment and to tolerate these times without making them worse.

LEARN TO BEAR THE PAIN SKILLFULLY

Distress Tolerance skills do not solve the problem.

Once the intensity of suffering is reduced to a more manageable point, Then, you can use other skills to 'cause one's life to work better'.

When to implement Distress Tolerance Skills

1. No time in current situation
2. Stopped in sorting out feelings
3. Inappropriate situation: No time to figure out the best way.
4. Situation can worsen without distress tolerance skills

Survival Crisis Strategies

- **Pro's and Con's** : Clients can assess their options.
 1. Helps to avoid acting impulsively.
 2. Assessment of past experience and acquired knowledge: WISDOM
 3. Avoiding impulse to escape from 'the moment' : Denial

- **TIPP**

- Temperature

- Intense Exercise

- Progressive Muscle Relaxation

- Paced Breathing

Visual Analysis of Behavior Chain

The only thing that doesn't change..... THE PROMPTING EVENT 'what is so'

