Wholeness Counselling & Psychotherapy

DBT Skills

Overview

Dialectical Behaviour Therapy (DBT) is a form of cognitive-behavioural therapy that helps individuals manage emotions and improve interpersonal effectiveness. Here are some key skills used in DBT, often categorized into four main modules:

1. Mindfulness:

   - Observing: Noticing thoughts and feelings without judgment.

   - Describing: Putting experiences into words without embellishment.

   - Participating: Engaging fully in experiences without self-consciousness.

2. Distress Tolerance:

   - Crisis Survival Strategies: Techniques to tolerate painful emotions (e.g., self-soothing, distraction).

   - Radical Acceptance: Accepting situations as they are, without trying to change them.

   - IMPROVE the Moment: Using imagery, meaning, prayer, relaxation, one thing at a time, vacation, and encouragement to cope with distress.

3. Emotion Regulation:

   - Identifying Emotions: Recognizing and labelling emotions to understand them better.

   - Increasing Positive Emotional Events: Engaging in activities that enhance happiness and fulfilment.

   - Reducing Vulnerability to Emotion Mind: Practicing self-care to stabilize emotions (e.g., sleep, nutrition, exercise).

4. Interpersonal Effectiveness:

   - DEAR MAN: A skill for assertiveness: Describe, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate.

   - GIVE: A framework for maintaining relationships: Gentle, Interested, Validate, Easy manner.

   - FAST: A way to keep self-respect in interactions: Fair, Apologies (no excessive), Stick to values, Truthful.

These DBT skills are designed to help individuals better manage their emotions, enhance interpersonal relationships, and foster resilience in challenging situations.