

Dialectical Behavior Therapy



A Visual Review





Dialectical Behavior Therapy: A Visual Review

Skills Flash Cards

These cards are helpful in familiarizing both clients and therapists with the Skills Modules within DBT and may be used in conjunction with Skills Group or Individual Therapy. The cards are helpful for clients to use as a quick reference while they are busy living their daily lives. The images found within are from the “Dialectical Behavior Therapy: A Visual Review” presentation. The cards were created by Dr. Steve McCandless, Psy.D and Stephanie Johnston, LCSW of the Central Arkansas Veterans Healthcare System in collaboration with artist Kevin Cates. The project was made possible through a grant from the South Central MIRECC. Please feel free to use and distribute the cards as needed.

Instructions for Use

- Print the following pages then copy front and back onto one page.
- Make sure the numbers ‘1’ and ‘2’ are on opposite sides of the first page and in the same location.
- Once printed cut along the dotted lines and put in sequential order.
- Blank cards are numbered 63-71 and are included for notes if desired.
- The cards can be stapled together or laminated with a hole punch in the top left corner and placed on a key ring,



1

Dialectical Behavior Therapy

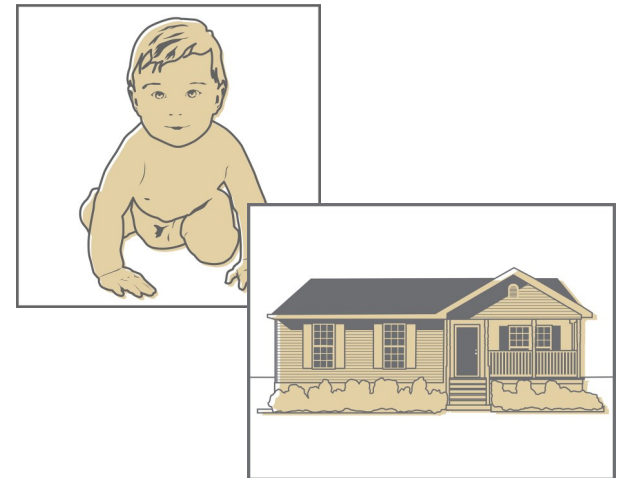
Flash Cards for Skills Use

3

BioSocial Theory

BioSocial Model

5



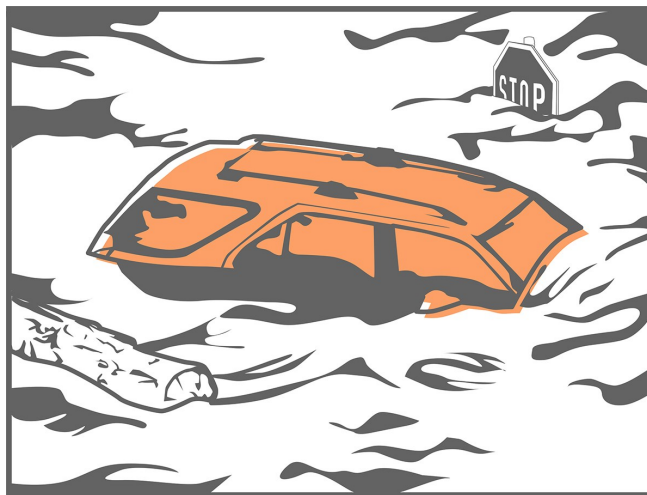
**Emotionally Sensitive Baby
+ Invalidating Environment**

7

Dialectical Dilemmas

9

Dialectical Dilemma



Unrelenting Crisis

11

Dialectical Dilemma



Emotional Vulnerability

Borderline Personality Disorder



BioSocial Theory

Sensitive Child
+
Invalidating Environment
=

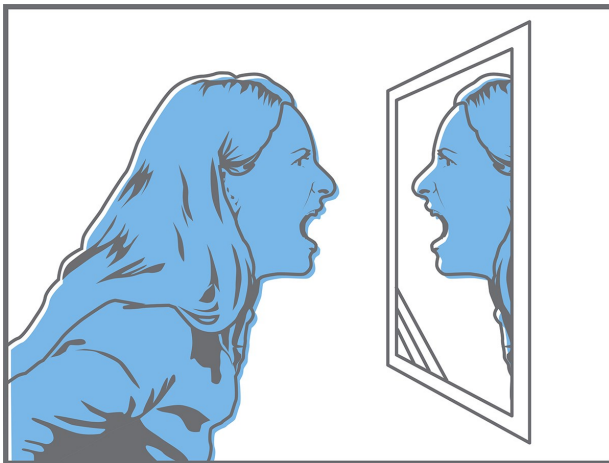
Borderline Personality Disorder

1. Fear of Abandonment
2. Chaotic Relationships
3. Identity Disturbance
4. Impulsivity
5. Suicidal or Self Harm Behavior
6. Mood Instability
7. Feelings of Emptiness
8. Intense Anger
9. Stress related Paranoia

What is DBT?

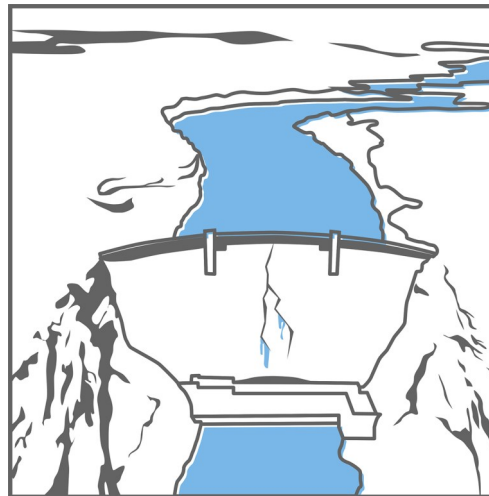
DBT was developed in the mid-1990's by Dr. Marsha Linehan. It combines both person-centered therapy based on acceptance with cognitive behavioral therapy based on change. This dialectic of change and acceptance remains core to the treatment. It is comprised of Skills Training in Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness as well as Individual Therapy. In Individual Therapy diary cards and a target hierarchy are used to organize sessions.

Dialectical Dilemma



Self Invalidation

Dialectical Dilemma



Inhibited Grief

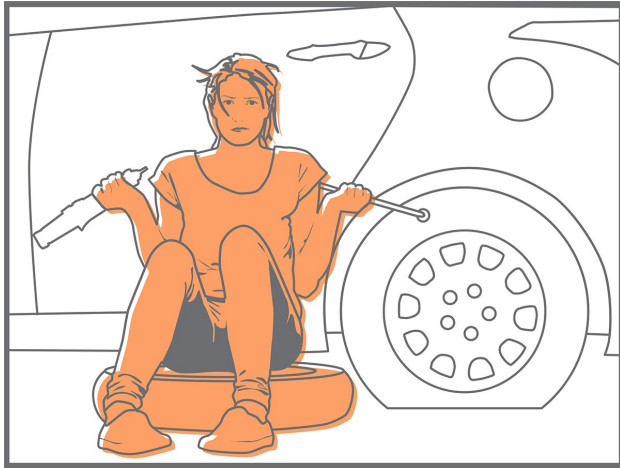
Dialectical Dilemmas

Or Secondary Targets

- Unrelenting Crisis vs Inhibited Grief
- Emotional Vulnerability vs Self Invalidation
- Active Passivity vs Apparent Competence

Dialectical Dilemma

13



Active Passivity

15

**Emotion
Regulation
Skills**

Opposite Action Skill

17

**Emotion:
Shame**

Opposite Action Skill

19

Shame



Action Urge:

Hide

Opposite Action Skill

21

**Emotion:
Anger**

Opposite Action Skill

23

Anger



Action Urge:

Attack

18

Opposite Action Skill

Shame



Justified:

Violated Group Moral

16

Goals of

Emotion Regulation

Understand and name your own emotions. Decrease the frequency of unwanted emotions.

Decrease emotional vulnerability. Decrease vulnerability to emotion mind. Increase resilience, your ability to cope with difficult things and positive emotions.

Decrease emotional suffering. Reduce suffering when painful emotions overcome you. Manage extreme emotions so that you don't make things worse.

14

Dialectical Dilemma

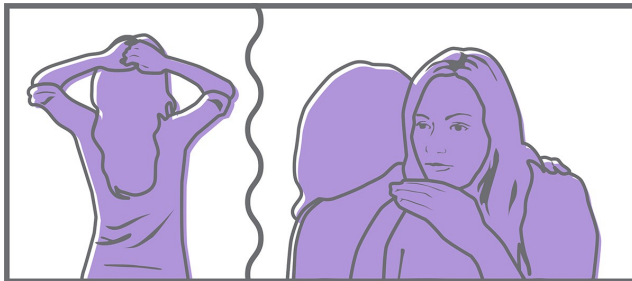


Apparent Competence

24

Opposite Action Skill

Anger



Opposite Action:

1. Step Back

2. Be Kind

22

Opposite Action Skill

Anger



Justified:

Goal Blocked

20

Opposite Action Skill

Shame



Opposite Action:

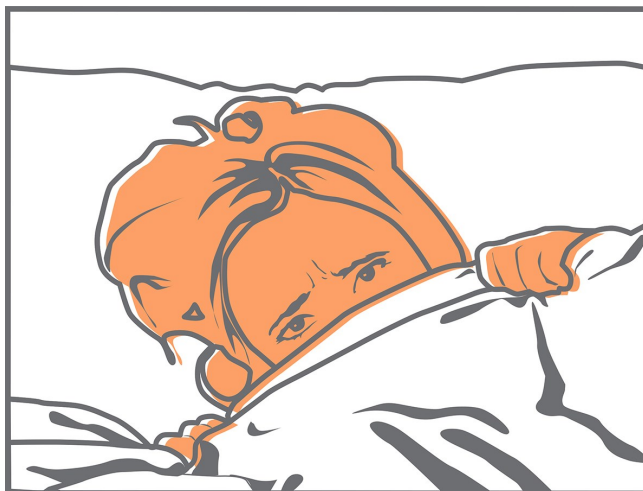
Be Proud, Show Up

Opposite Action Skill

Emotion:

Sadness

Sadness



Action Urge:

Isolate

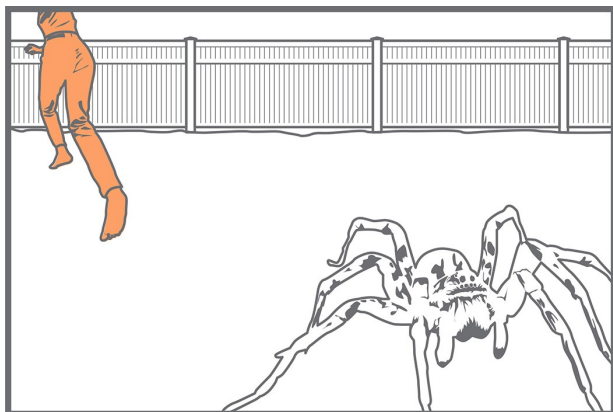
Opposite Action Skill

Emotion:

Fear

Opposite Action Skill

Fear



Action Urge:

Avoid

Opposite Action Skill

Emotion:

Joy

Opposite Action Skill

Joy



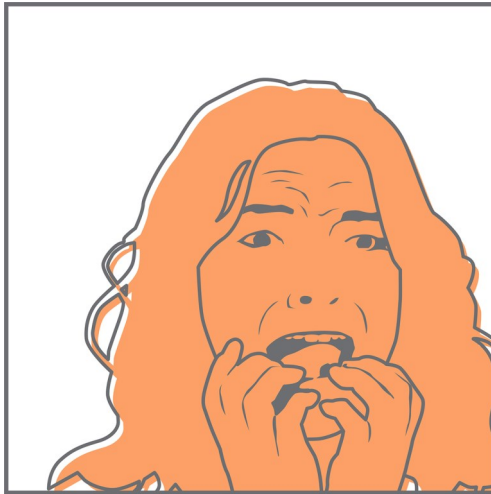
Action Urge:

Repeat

30

Opposite Action Skill

Fear



Justified:

Danger

28

Opposite Action Skill

Sadness



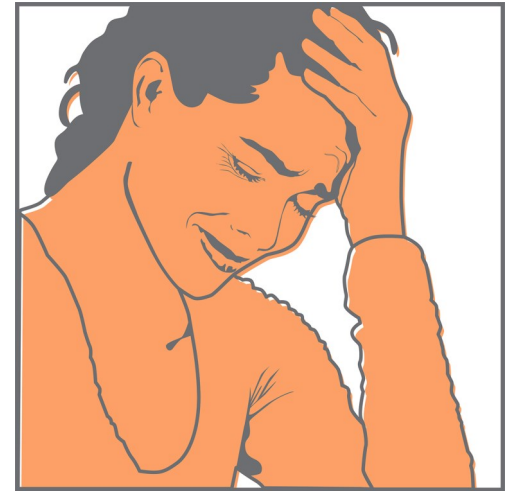
Opposite Action:

Engage

26

Opposite Action Skill

Sadness



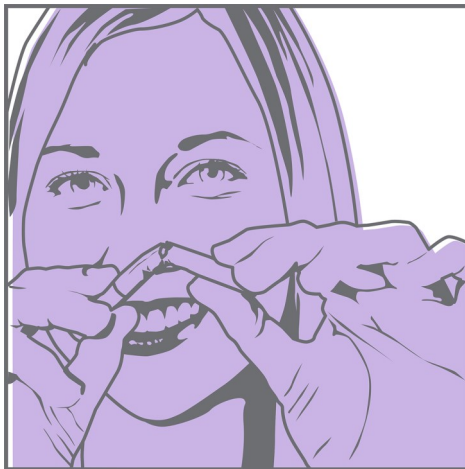
Justified:

Loss

36

Opposite Action Skill

Joy



Opposite Action:

Avoid

34

Opposite Action Skill

Joy



Justified:

Improves Life

32

Opposite Action Skill

Fear



Opposite Action:

Approach

Interpersonal Effectiveness Skills

37

Interpersonal Effectiveness **GIVE Skill**

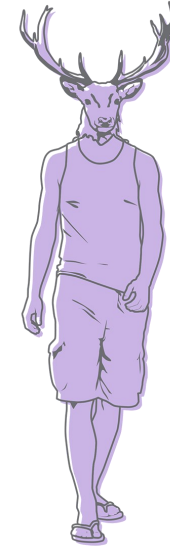
39



To Keep Relationships

Interpersonal Effectiveness **DEAR MAN Skill**

41



To Obtain Your Objective

Interpersonal Effectiveness **FAST Skill**

43



To Keep Self Respect

Mindfulness Skills

45

Mindfulness Skill **Wise Mind**

47



**The Middle Path
between Emotional Mind
and Rational Mind**

42

Interpersonal Effectiveness **DEAR MAN Skill**

Describe: the situation.

Express: your feelings.

Assert: what you want to happen.

Reinforce: the consequences both positive and negative.

Mindful: be a broken record, don't get distracted.

Appear confident: Hold your ground.

Negotiate: Cooperate & be fair.

To Obtain Your Objective

40

Interpersonal Effectiveness **GIVE Skill**

Gentle: No attacks, threats, judging, or non-verbal cues of eye rolling or smirking.

Interested: Don't interrupt, maintain good eye contact.

Validating: Show that you understand the other person. See the world from their point of view. Put yourself in their shoes.

Easy manner: Stay light hearted and smile.

To Keep Relationships

38

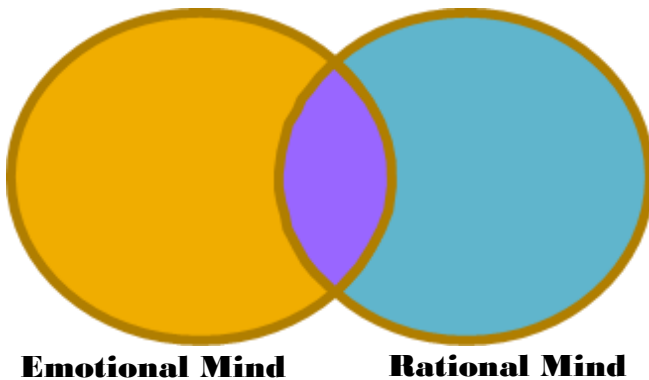
Goals of Interpersonal Effectiveness

Be skillful in getting what you want and need from others. Get others to do things you would like them to do. Get others to take your opinions seriously. Say no to unwanted requests. Build relationships and end destructive ones. Strengthen current relationships. Don't let hurts and problems build up. Use relationship skills to head off problems. Repair relationships when needed. Resolve conflicts before they get overwhelming. Find and build new relationships. End hopeless relationships. Walk the middle path. Create and maintain balance in relationships. Balance acceptance and change in relationships.

48

Mindfulness Skill

Wise Mind



46

Goals of Mindfulness

Reduce suffering and increase happiness. Reduce pain, tension, and stress

Increase control of your mind. Stop letting your mind be in control of you.

Experience reality as it is. Live life with your eyes wide open. Experience the reality of your connection to the universe, essential goodness, essential validity.

44

Interpersonal Effectiveness **FAST Skill**

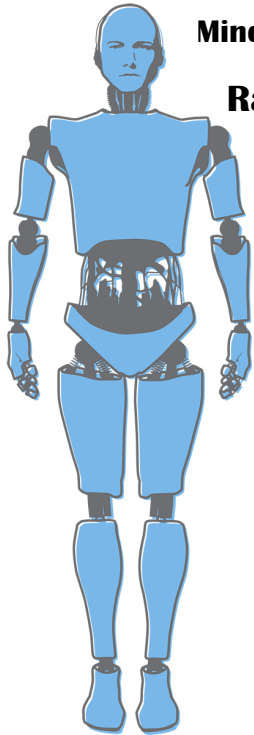
be **Fair:** to yourself and others.

no **Apologies:** don't look ashamed, keep your head and eyes up, no apologizing for being alive or for making a request.

Stick to values: don't sell out your integrity. Stick to your guns.

be **Truthful:** Don't lie or act helpless when you're not.

To Keep Self Respect



Mindfulness Skill

49

Rational Mind

**Excessive = Cold,
Over-regulated,
and Robotic**

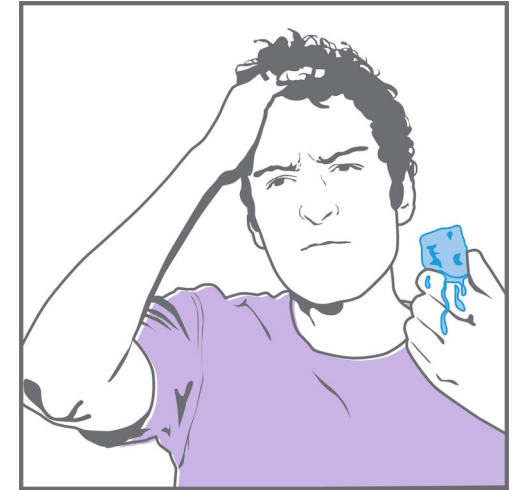
51

Distress Tolerance Skills

T

53

Distress Tolerance: TIPP Skill



Temperature

I

55

Distress Tolerance: TIPP Skill



Intense Exercise

P

57

Distress Tolerance: TIPP Skill

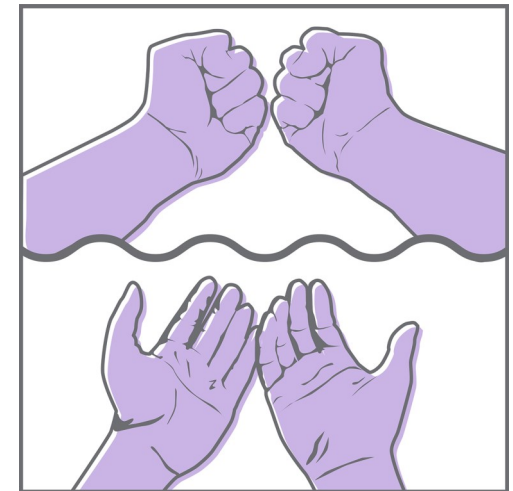


**Paced Breathing:
In Through the Nose**

P

59

Distress Tolerance: TIPP Skill



**Progressive
Muscle Relaxation**

T

Distress Tolerance: TIPP Skill

Tip the Temperature of your face with cold water to calm down fast.

- Holding your breath, put your face in a bowl of cold water, or hold a cold pack on your eyes and cheeks.
- Hold for 30 seconds.
- Caution: Very cold water can decrease your heart rate rapidly. Consult your health care provider before using this skill if you have a medical condition.

Goals of

Distress Tolerance

- Survive Crisis Situations without making them worse.
- Accept Reality: replace suffering and being stuck with ordinary pain and the possibility of moving forward.
- Become Free: of having to satisfy the demands of your own desires, urges, and intense emotions.

Mindfulness Skill

Emotional Mind



Excessive = Hot, Under-regulated, and Animalistic

P

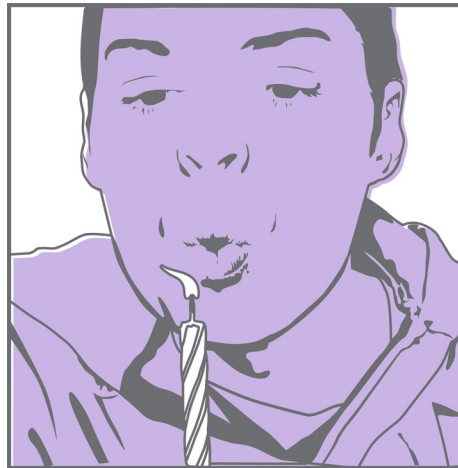
Distress Tolerance: TIPP Skill

To calm down by pairing muscle relaxation with breathing out.

- While breathing into your belly deeply tense your body muscles.
- While breathing out, say the word “Relax” in your mind.
- Release the tension in your muscles.

P

Distress Tolerance: TIPP Skill



Paced Breathing:

More slowly

Out Through the Mouth

I

Distress Tolerance: TIPP Skill

To calm down your body when it is revved up by emotion.

- Engage in intense exercise if only for a short while.
- Expend your body’s stored up physical energy by running, walking fast, jumping, jumping jacks, playing basketball, etc.
- Caution: Intense exercise can raise your heartrate rapidly. Consult your health care provider before using this skill if you have a medical condition.

Acknowledgments

Koerner, Kelly (2011). *Doing Dialectical Behavior Therapy: A Practical Guide*. New York: Guilford Press.

Linehan, M. M. (1993a). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.

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Linehan, M.M. (2014a). *DBT Skills Training Manual (2nd ed.)*. New York: Guilford Press.

Linehan, M.M. (2014b). *DBT Skills Training Handouts and Worksheets (2nd ed.)*. New York: Guilford Press.

66

64

62

72

70

68