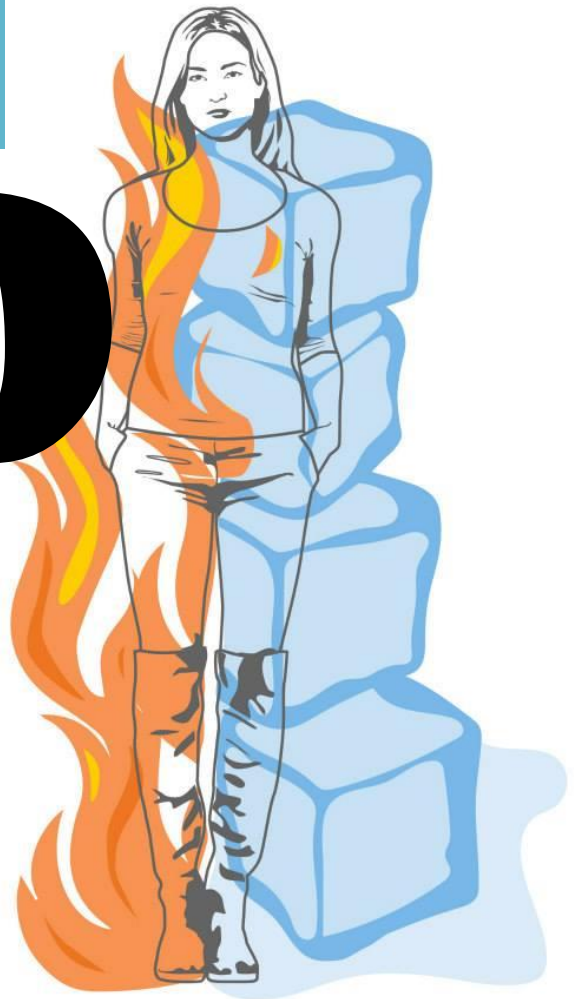


What is *B.P.D.*

?



BioSocial Model



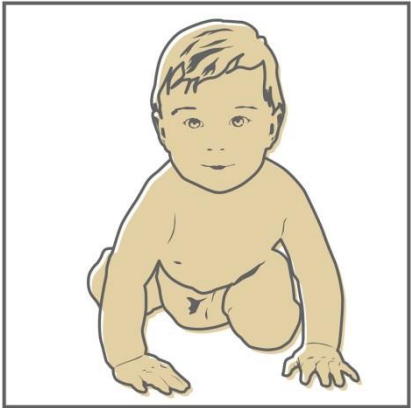
+



=



Sensitive Baby



=

They become very intense very quickly

Emotional intensity lasts a long time before starting to return to baseline

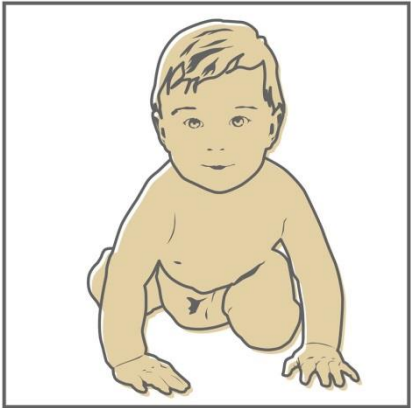
Emotional Intensity



Emotions are triggered easily

Time

Emotional Burn Victim



=



Invalidating Environment

“You’re not hurt, you better suck it up.”

“Cheer up!
You’re fine”

“Shake it off.”

“You’re overreacting.”

“Let it go.”

“Boys don’t cry.”



“Don’t be a sissy.”

“I’ll give you something to cry about.”

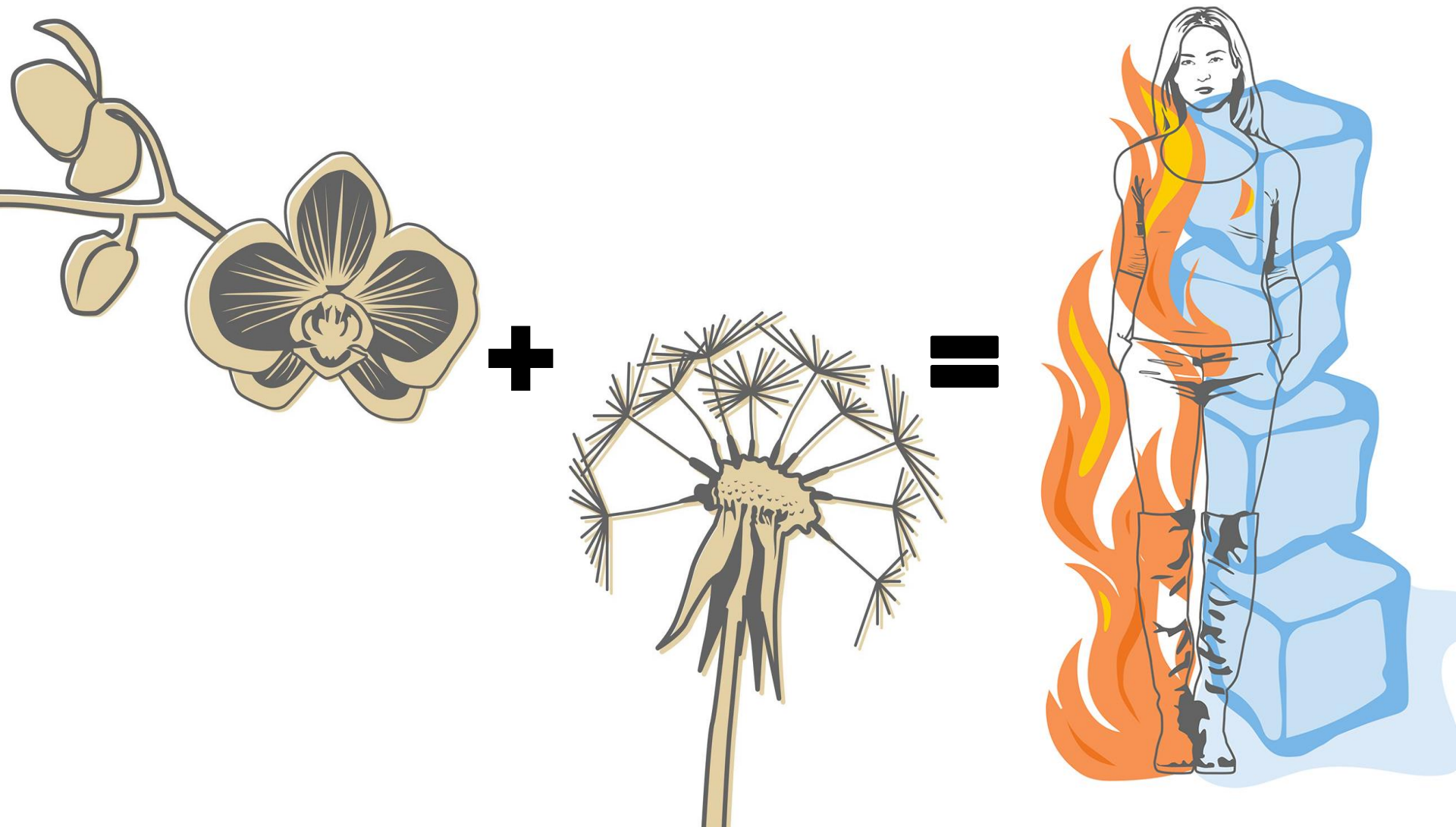
“Just snap out of it.”

“Just get over it.”

“You’re being dramatic.”

“You must be hormonal.”

Poor Fit



Borderline Personality Disorder

1. 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 or dissociation

5 of 9



DBT and BPD

-
- A diagram mapping nine symptoms of Borderline Personality Disorder (BPD) to four domains of Dysregulation in Dialectical Behavior Therapy (DBT). The symptoms are listed on the left, and the domains are on the right. Yellow lines connect the symptoms to their corresponding domain: 1. Fear of Abandonment and 2. Chaotic relationships connect to Interpersonal Dysregulation; 3. Impulsivity and 4. Suicidal or self-harm behavior connect to Behavioral Dysregulation; 5. Mood instability and 6. Intense anger connect to Emotional Dysregulation; 7. Feelings of emptiness and 8. Identity disturbance connect to Self Dysfunction; 9. Stress-related paranoia or dissociation connects to Cognitive Dysregulation.
- 1. Fear of Abandonment
 - 2. Chaotic relationships
 - 3. Impulsivity
 - 4. Suicidal or self-harm behavior
 - 5. Mood instability
 - 6. Intense anger
 - 7. Feelings of emptiness
 - 8. Identity disturbance
 - 9. Stress-related paranoia or dissociation
- Interpersonal Dysregulation
- Behavioral Dysregulation
- Emotional Dysregulation
- Self Dysfunction
- Cognitive Dysregulation

What is
D.B.T.?



How DBT addresses BPD

*Telephone
Consultation*

**Individual
Therapy**

**Consultation
Team**

Group
Therapy

Individual Therapy

Hierarchy of Treatment Targets

1. Life Threatening Behavior

2. Therapy Interfering Behavior

3. Quality of Life Interfering Behavior

4. Skills Acquisition

Dialectics



Black & White Thinking

Reality is a gradation,
from dark grey to light grey.

Black & White Thinking

A diagram illustrating the 'All Bad' side of black and white thinking. The background is solid black. In the center, the words 'All' and 'Bad' are written in a large, white, serif font, slanted upwards from left to right. To the left of this central text, a list of negative adjectives is written in a smaller, yellow, serif font, also slanted upwards from left to right. The adjectives are: 'Avoid', 'Scary', 'Ugly', 'Negative', 'Mean', 'Terrible', 'Horrible', 'Awful', and 'Less'.

All
Bad

Avoid
Scary
Ugly
Negative
Mean
Terrible
Horrible
Awful
Less

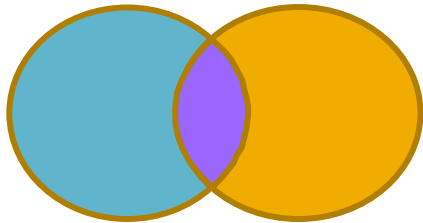
A diagram illustrating the 'All Good' side of black and white thinking. The background is solid white. In the center, the words 'All' and 'Good' are written in a large, black, serif font, slanted upwards from left to right. To the right of this central text, a list of positive adjectives is written in a smaller, yellow, serif font, also slanted upwards from left to right. The adjectives are: 'Positive', 'More', 'Beautiful', 'Friendly', 'Happy', 'Approach', 'Wonderful', 'Safe', and 'Nice'.

All
Good

Positive
More
Beautiful
Friendly
Happy
Approach
Wonderful
Safe
Nice

Hot & Cold

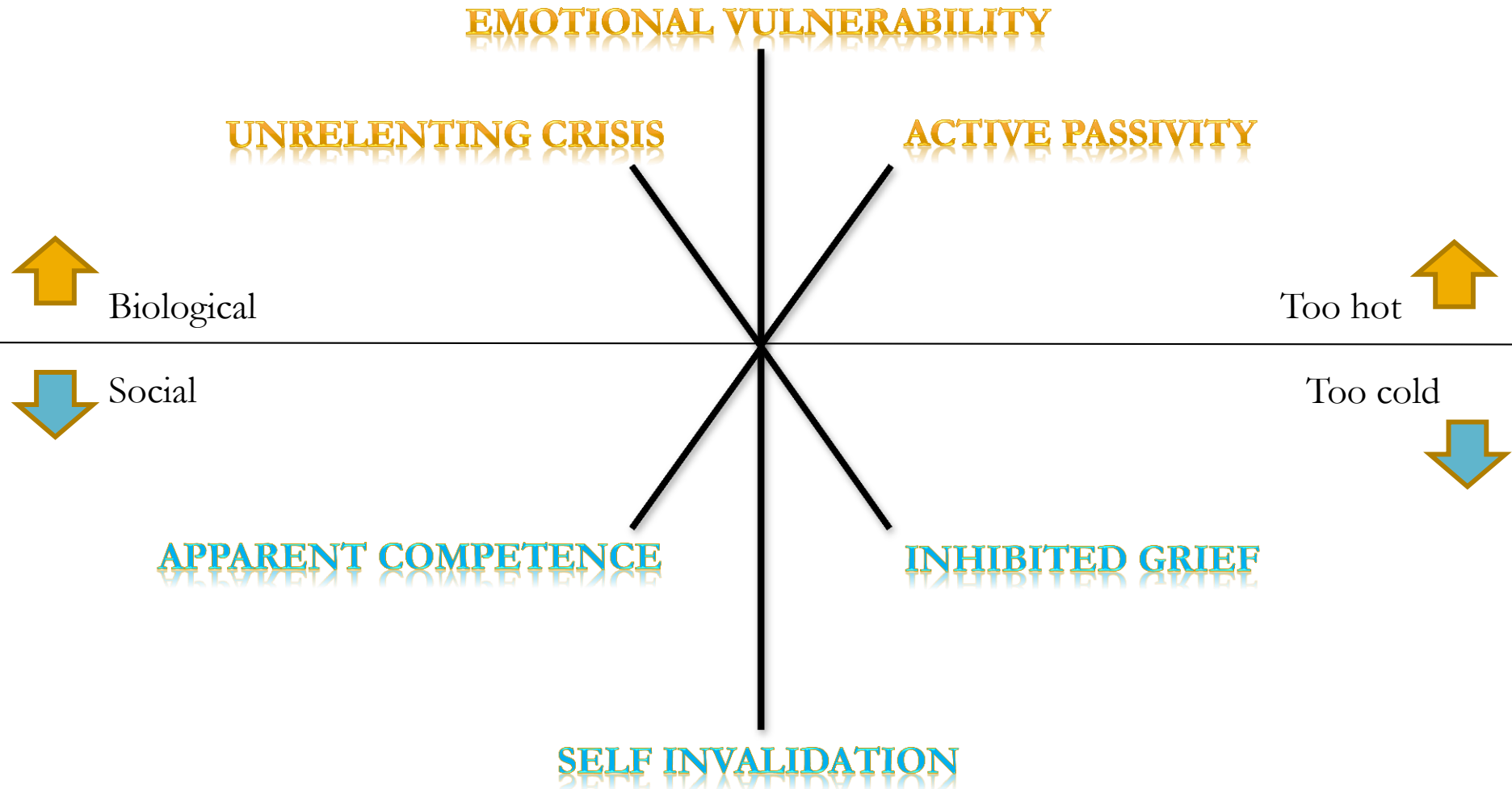
Wise Mind



Rational Mind Emotional Mind

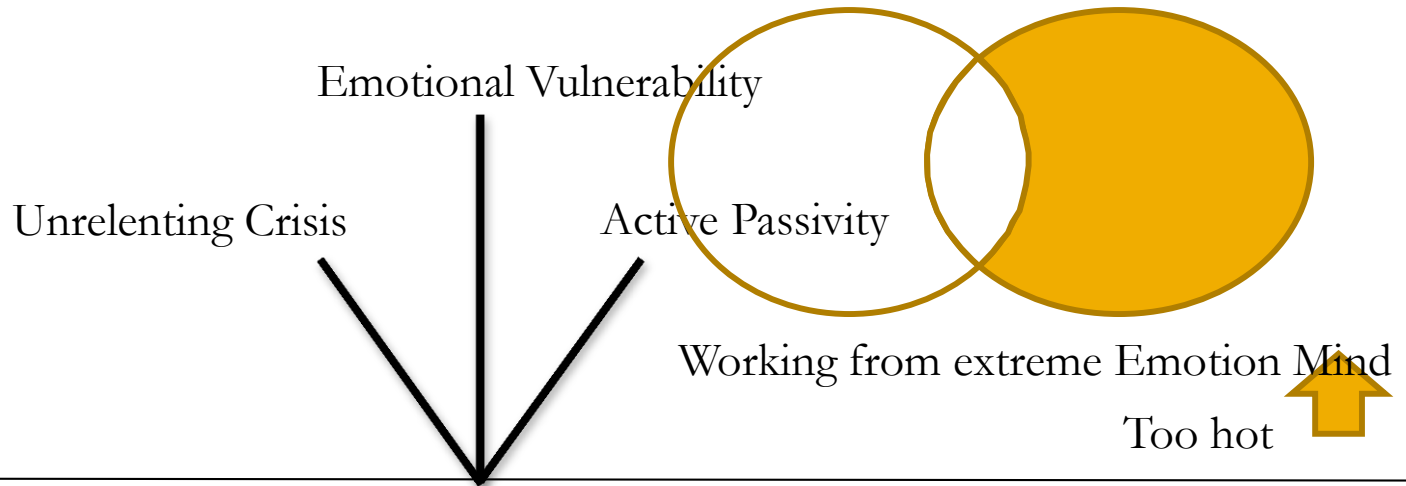


Dialectical Dilemmas

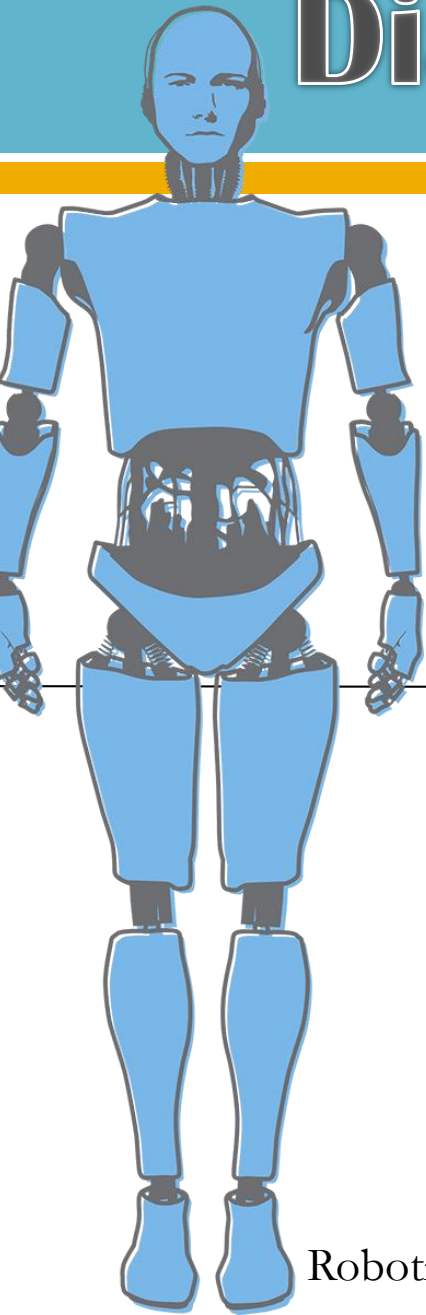


Dialectical Dilemmas

Animalistic



Dialectical Dilemmas



Apparent Competence

Inhibited Grief

Too cold



Self Invalidation

Working from extreme Rational Mind

Robotic

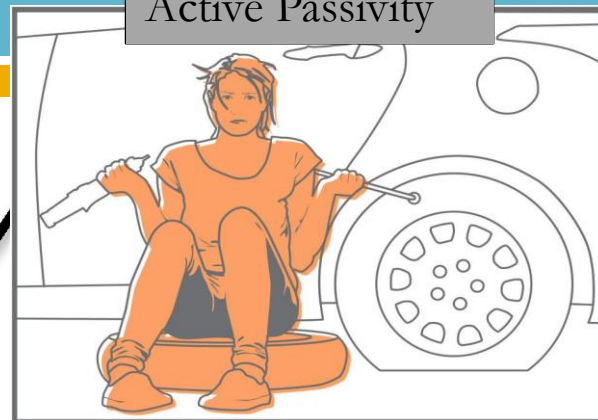
Unrelenting Crisis



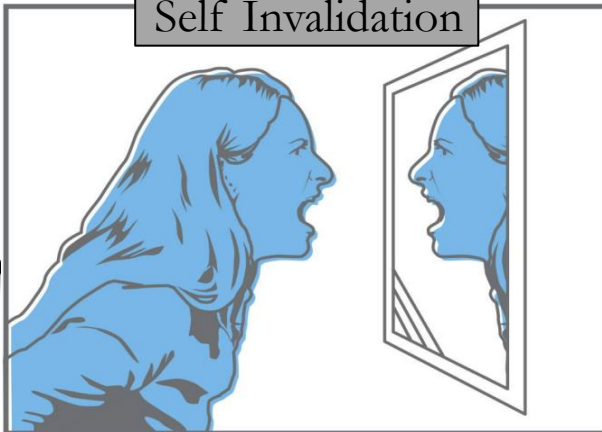
Emotional Vulnerability



Active Passivity



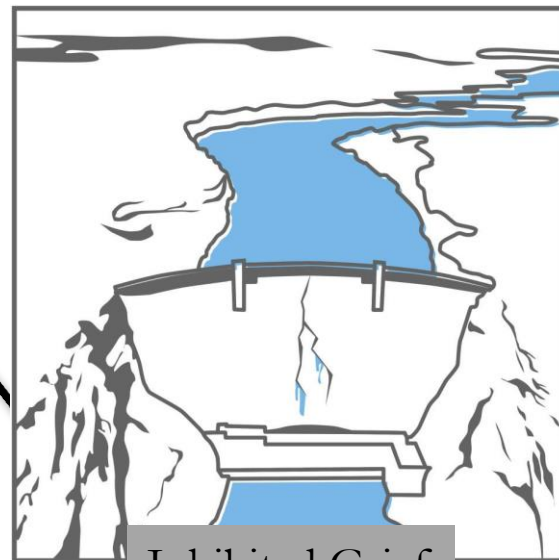
Self Invalidation



Apparent Competence



Inhibited Grief

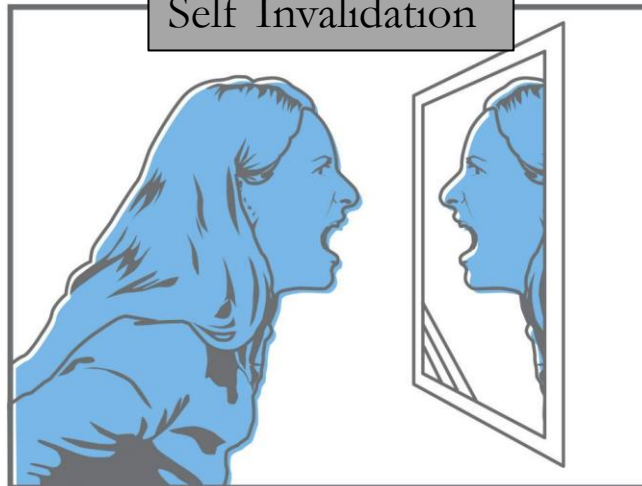


Dialectical Dilemmas



Emotional Vulnerability

Self Invalidation



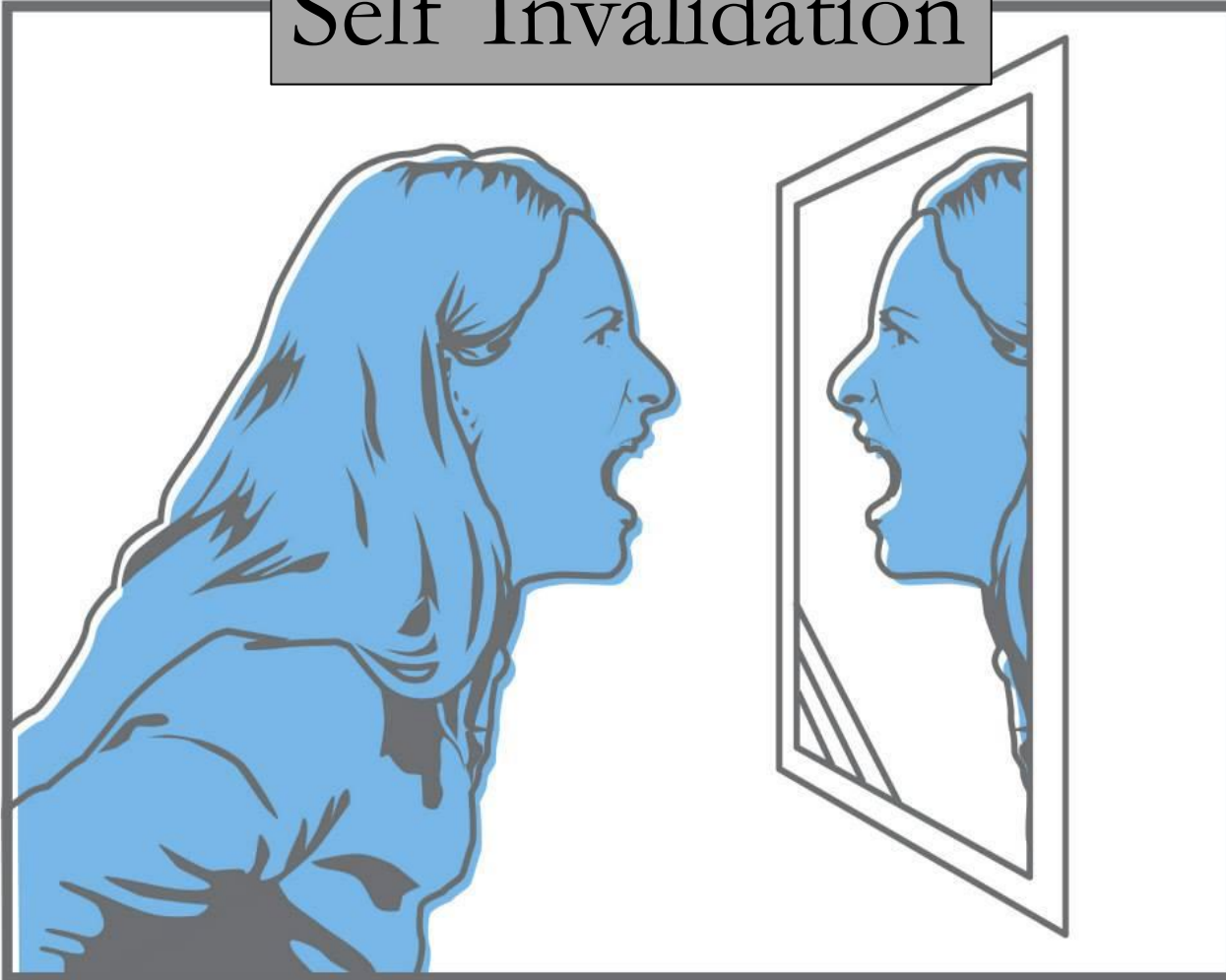
Dialectical Dilemmas



Emotional Vulnerability

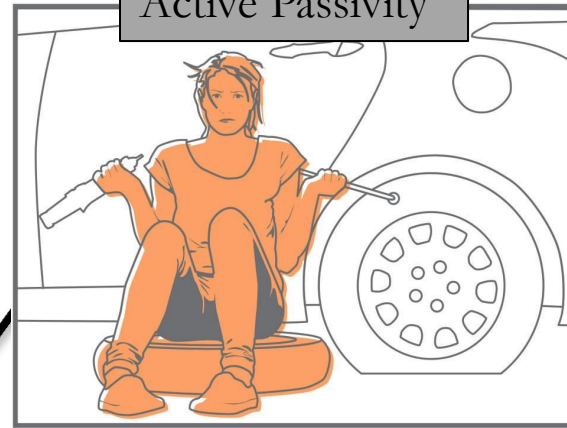
Dialectical Dilemmas

Self Invalidation



Dialectical Dilemmas

Active Passivity



Apparent Competence

Dialectical Dilemmas

Active Passivity



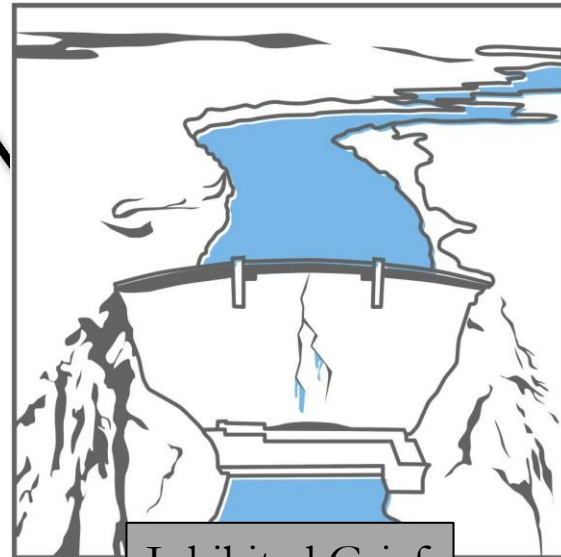
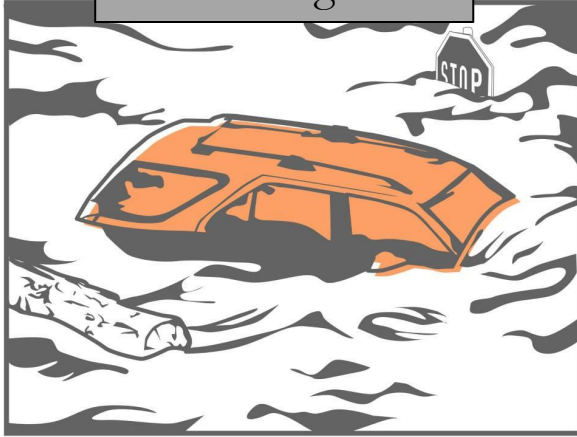
Dialectical Dilemmas



Apparent Competence

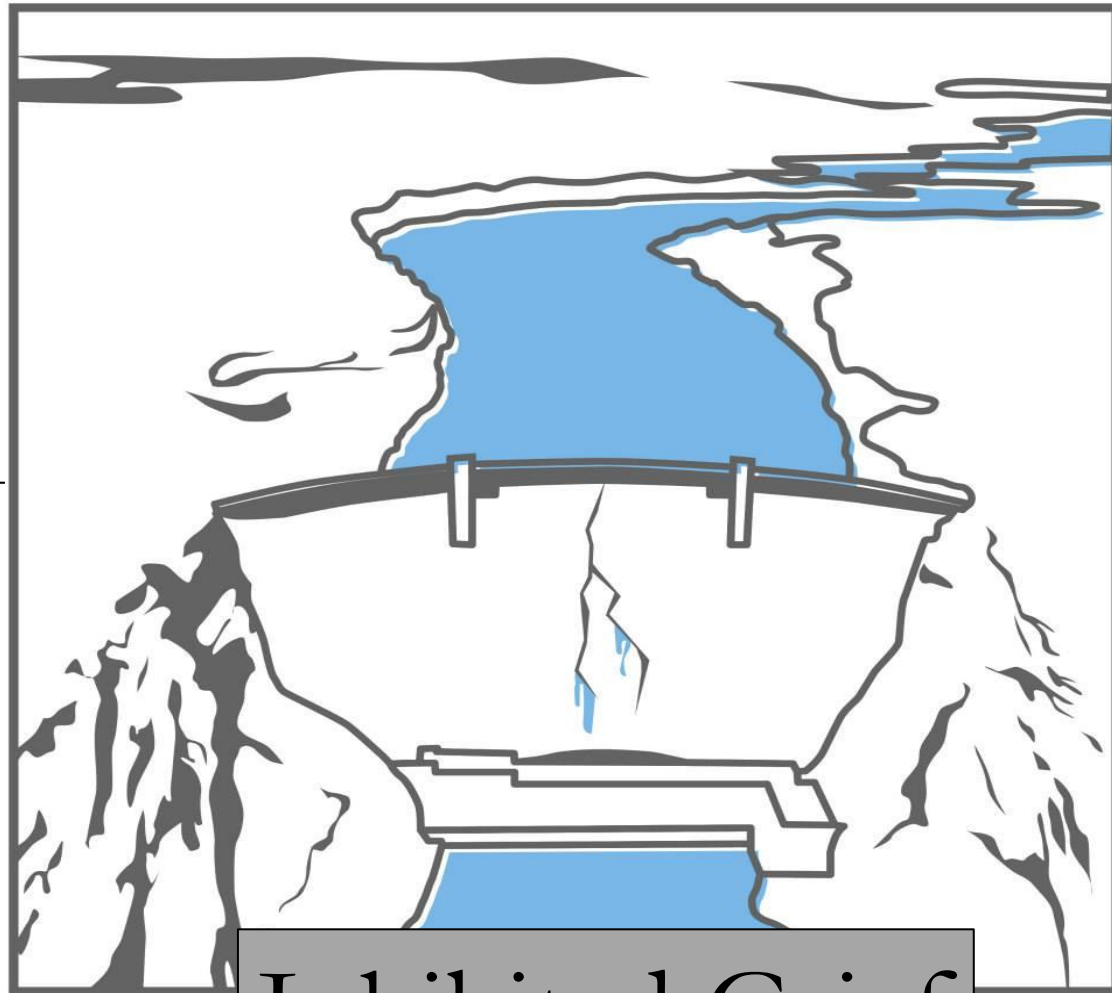
Dialectical Dilemmas

Unrelenting Crisis



Inhibited Grief

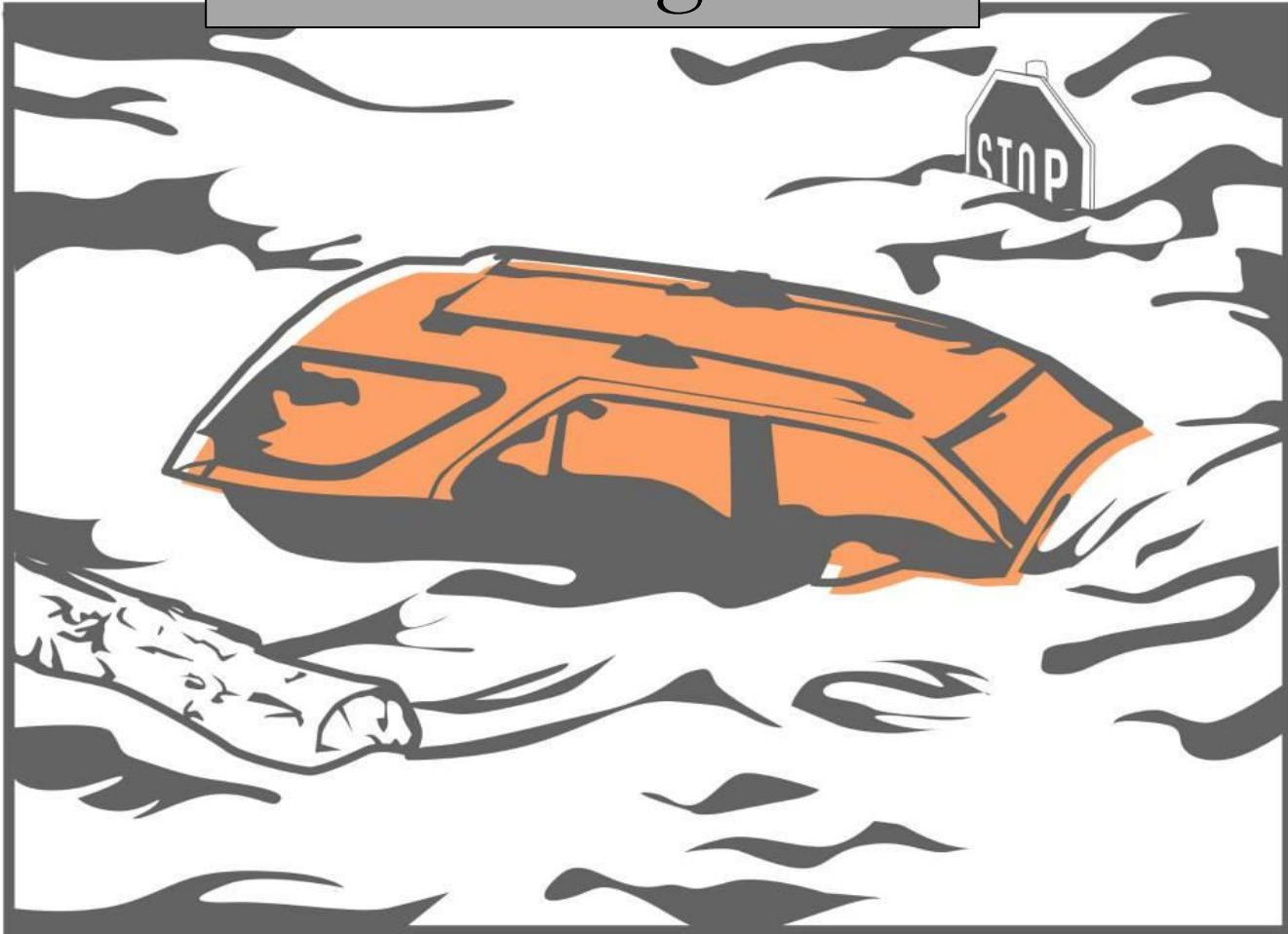
Dialectical Dilemmas



Inhibited Grief

Dialectical Dilemmas

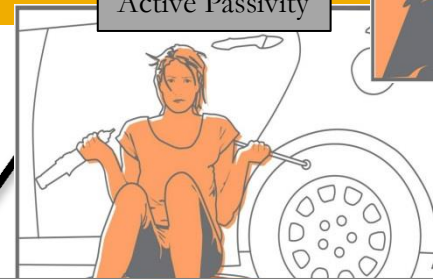
Unrelenting Crisis





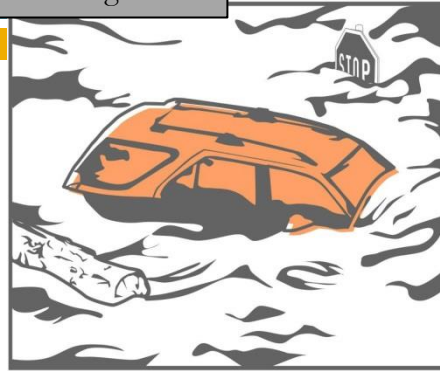
Animalistic

Active Passivity

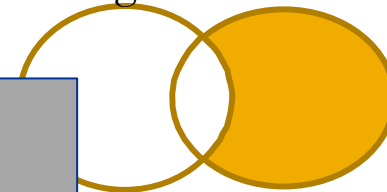


Emotional Vulnerability

Unrelenting Crisis



Working from Emotion Mind

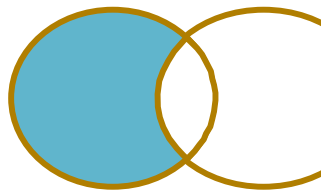


Too hot

Too cold

Review

Working from Rational Mind

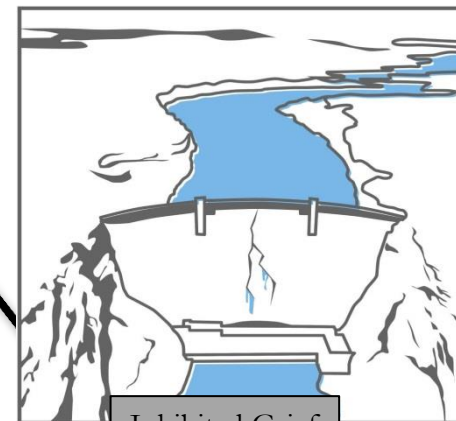
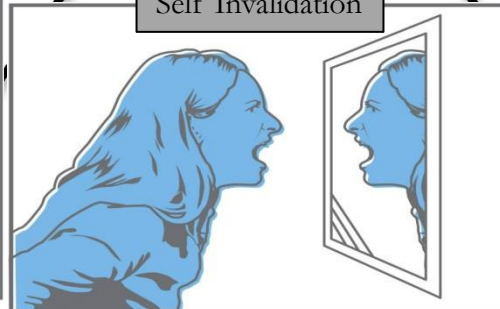


Robotic



Apparent Competence

Self Invalidation



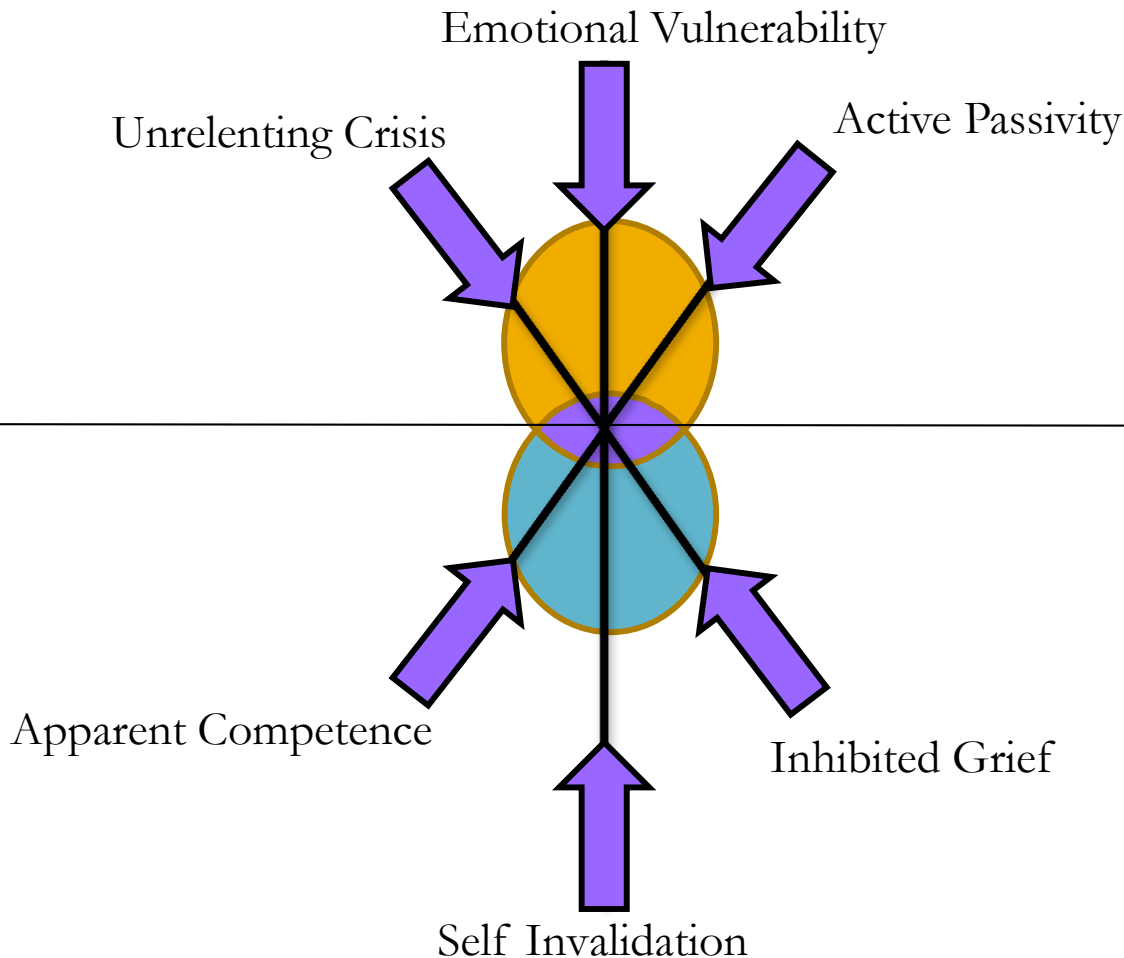
Inhibited Grief



Biological

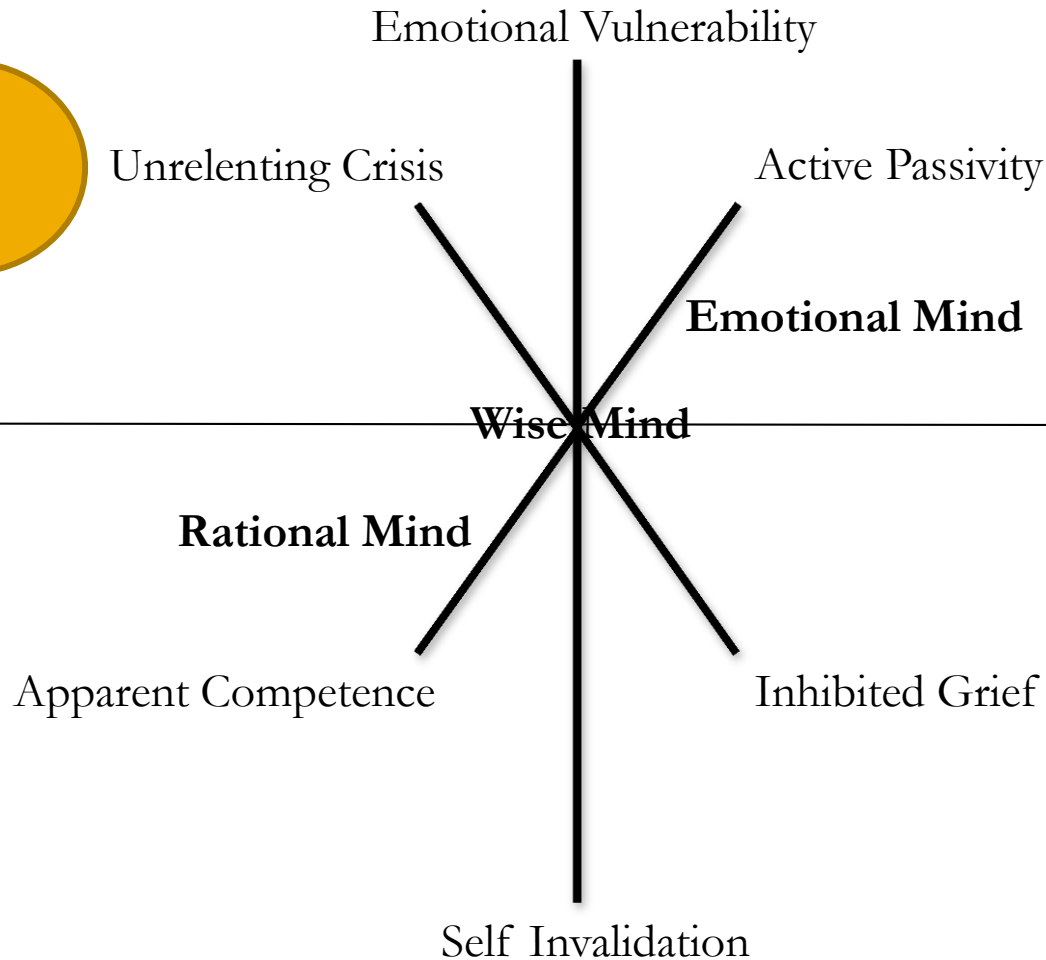
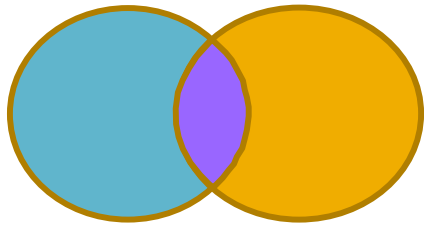
Social

Dialectical Dilemmas



Balancing
in
Wise Mind
is the goal

Dialectical Dilemmas



Skills Modules

Self Dysfunction/
Cognitive Dysregulation

Mindfulness

Emotional Dysregulation

*Emotion
Regulation*

Distress
Tolerance

Behavioral Dysregulation

**Interpersonal
Effectiveness**

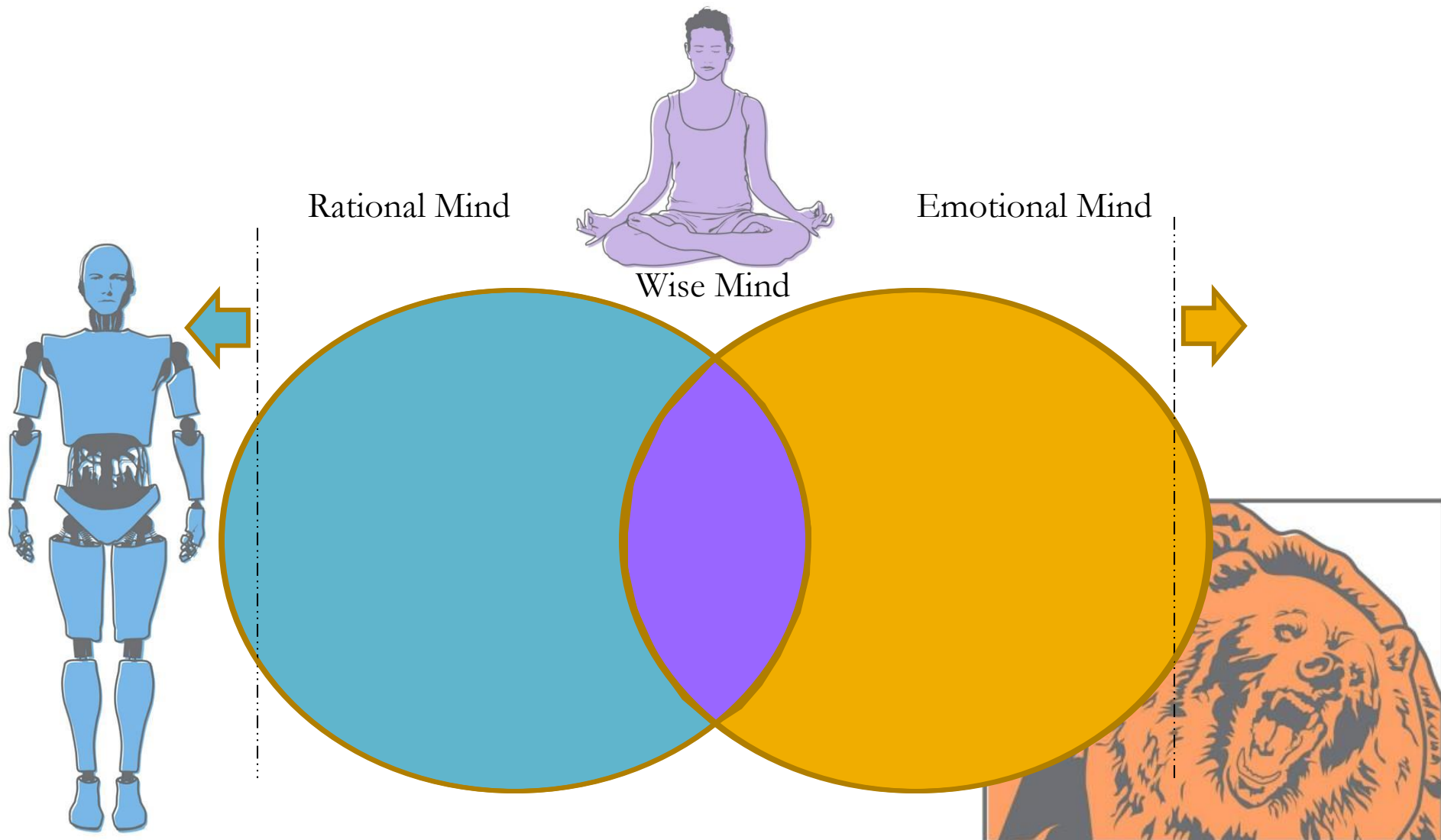
Interpersonal Dysregulation

A stylized illustration of a person with dark skin and curly hair, sitting in a meditative pose (lotus or similar) with eyes closed. They are wearing a light purple tank top and matching pants. The background features a teal upper half and a white lower half, separated by a horizontal orange line. A large, bold, black letter 'T' is positioned behind the person's head and shoulders. The word 'Mindfulness' is written in a large, bold, black serif font across the middle of the image.

Mindfulness

Skills

Wise Mind



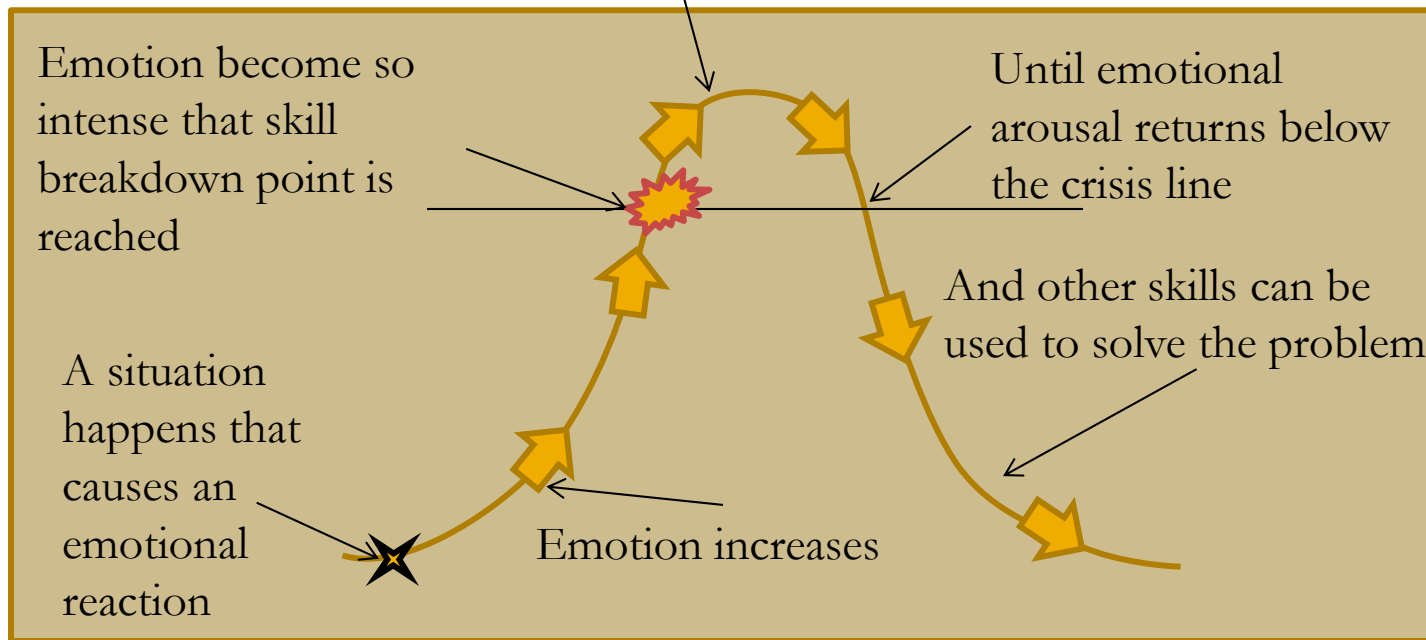
Distress Tolerance

SKILLS

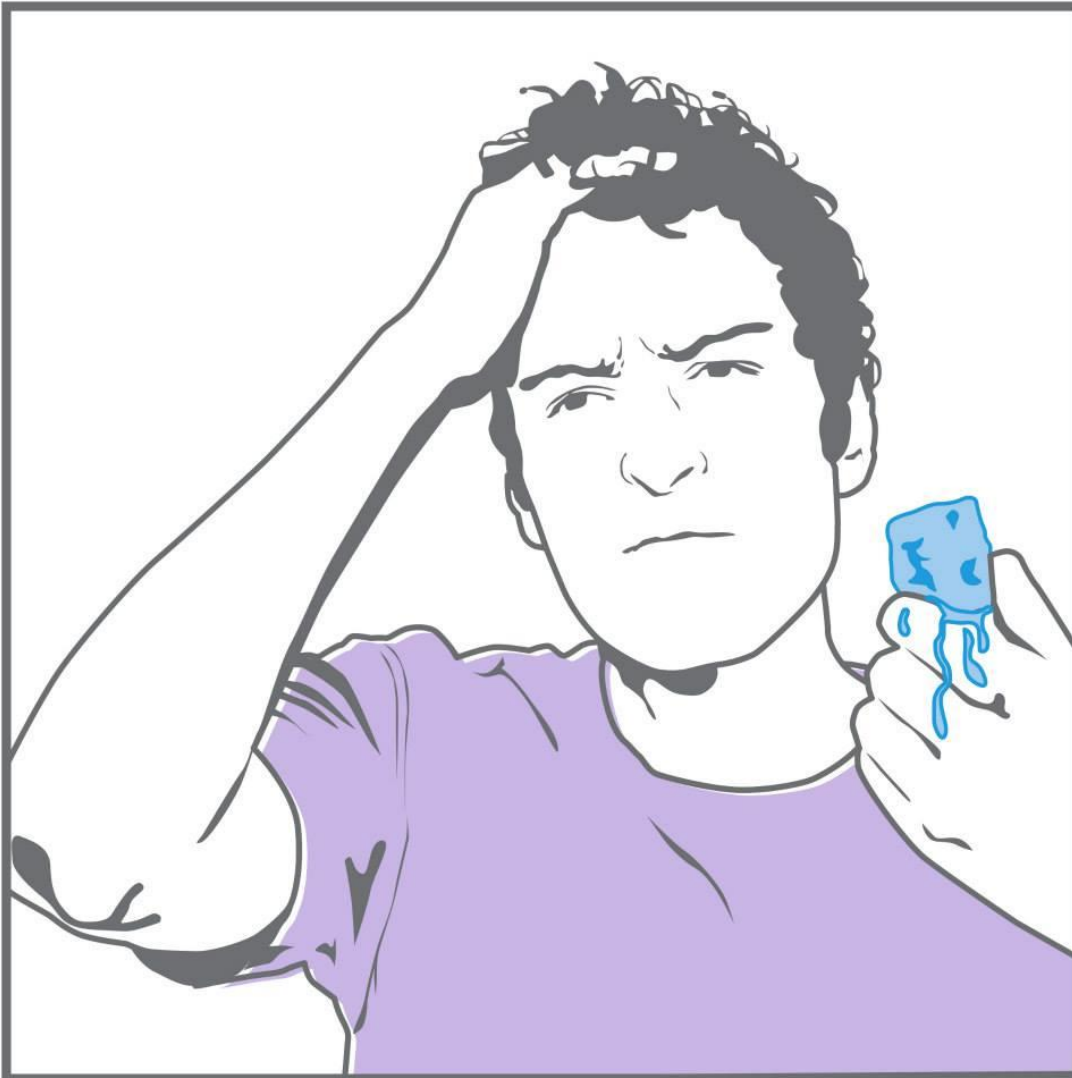


Distress Tolerance

Use distress tolerance skills
to withstand the situation and not make it worse



Distress Tolerance - TIPP



T

temperature change

Distress Tolerance - TIPP

I

Intense Exercise



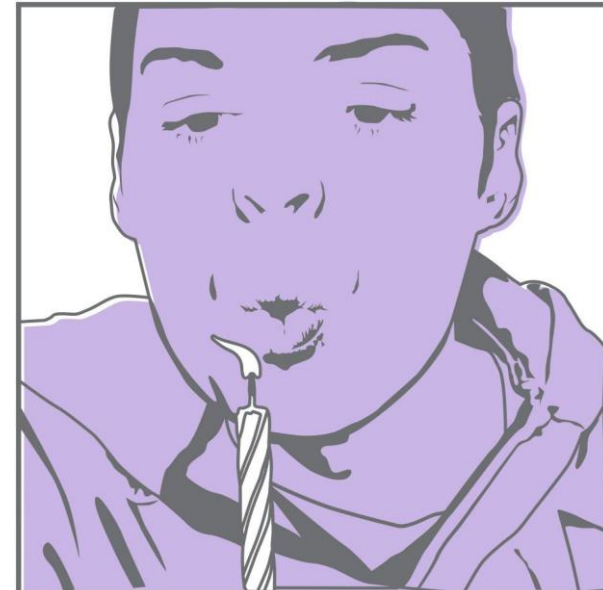
Distress Tolerance - TIPPP

Breathe in through your nose.



Paced Breathing

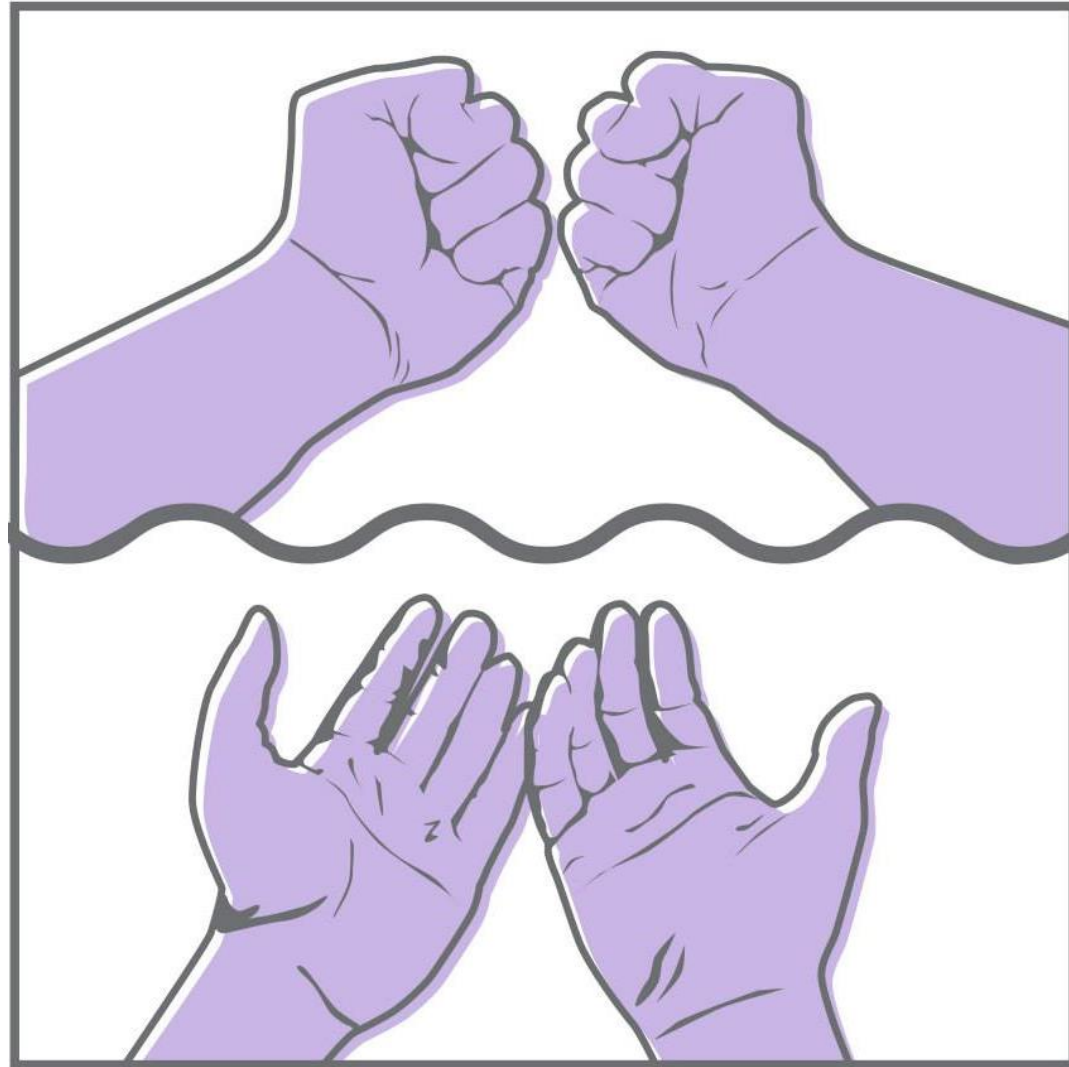
Breathe out through your mouth.



Distress Tolerance - TIPPP

P

aired Muscle Relaxation



Emotion Regulation



Skills

Emotions

Motivate

Communicate

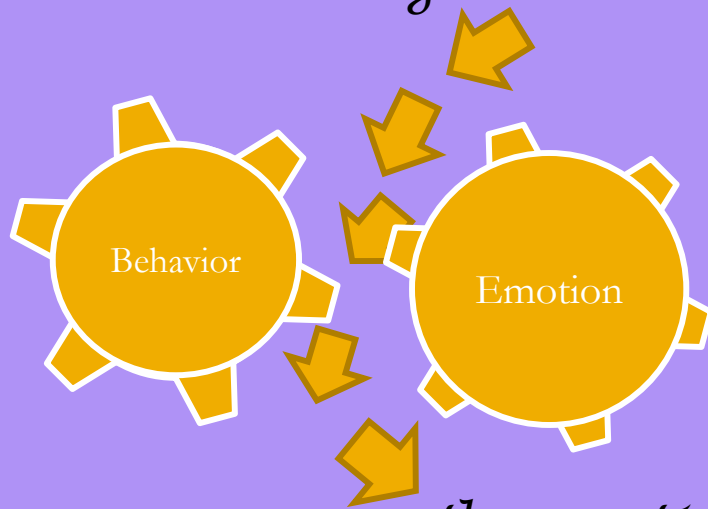
& Influence Others

&

Communicate to Ourselves

Opposite Action

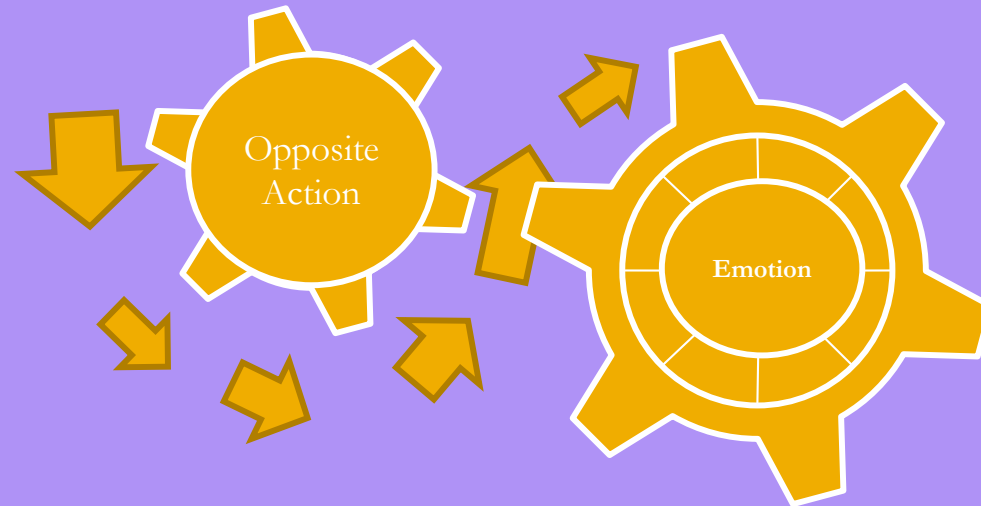
When you follow the behavioral urge...



the emotion continues and gets bigger.

Opposite Action

If you practice Opposite Action...



the emotion will get smaller.

Anger

∞ Justified:

Goal Blocked



Anger

∞ Action Urge:

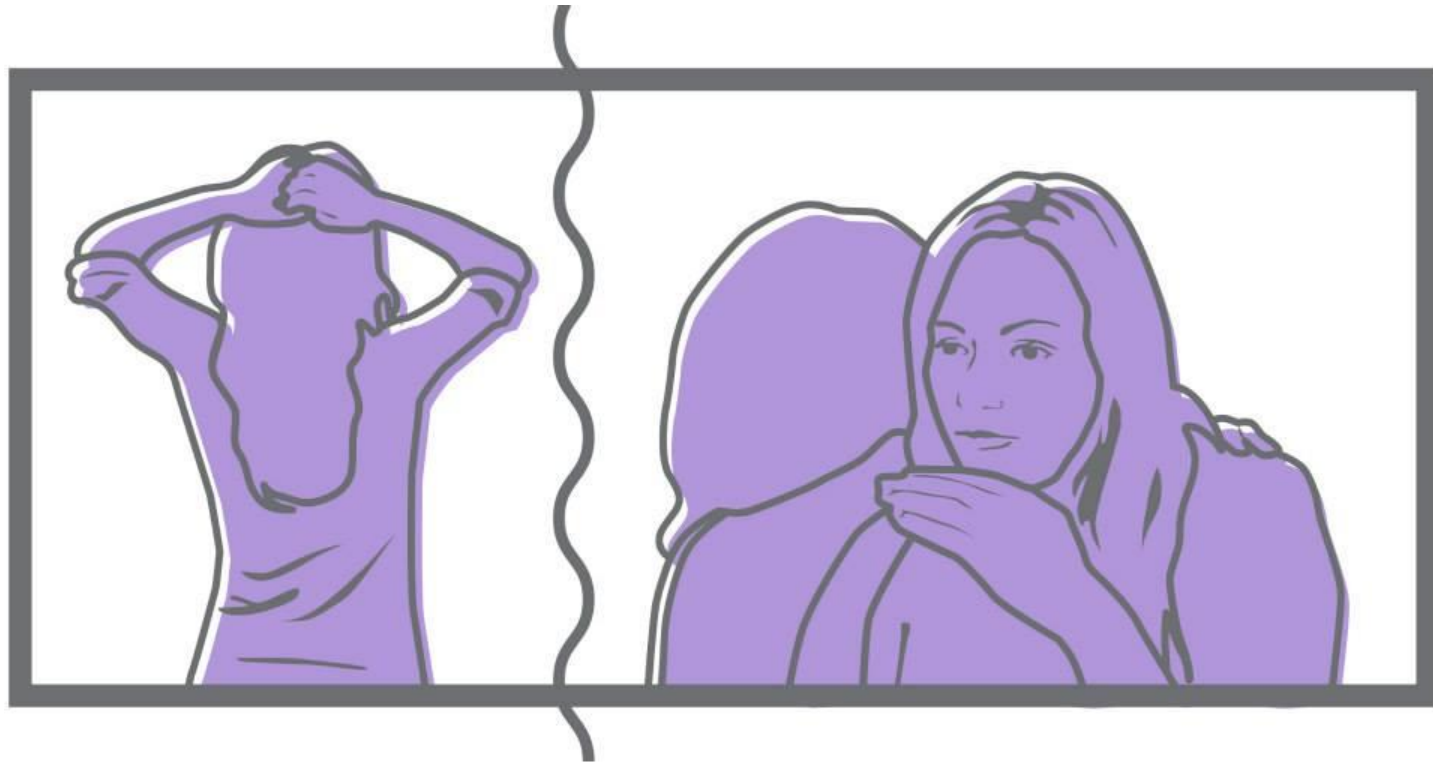
- Attack



Anger

∞ Opposite Action

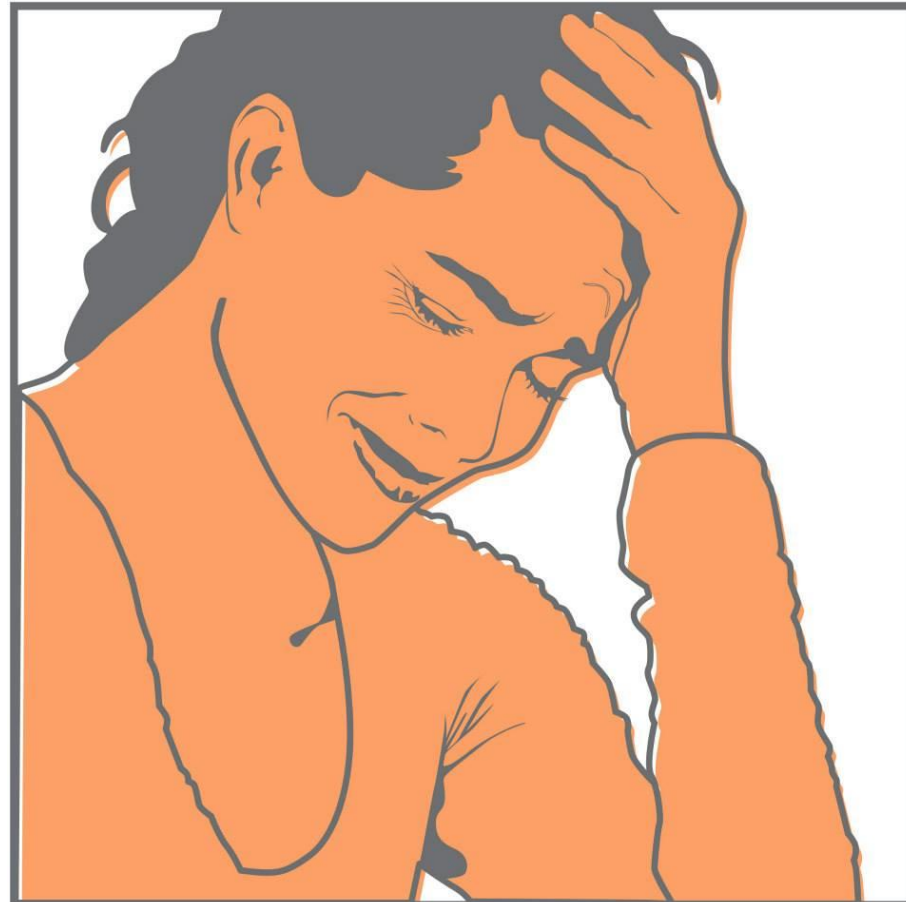
- Step 1: Gently avoid
 - Take a time-out
- Step 2: Do something a little bit nice, have empathy.



Sadness

∞ Justified:

Loss



Sadness

∞ Action Urge:

- Withdraw



Sadness

∞ Opposite Action:

- Engage



Fear

∞ Justified:

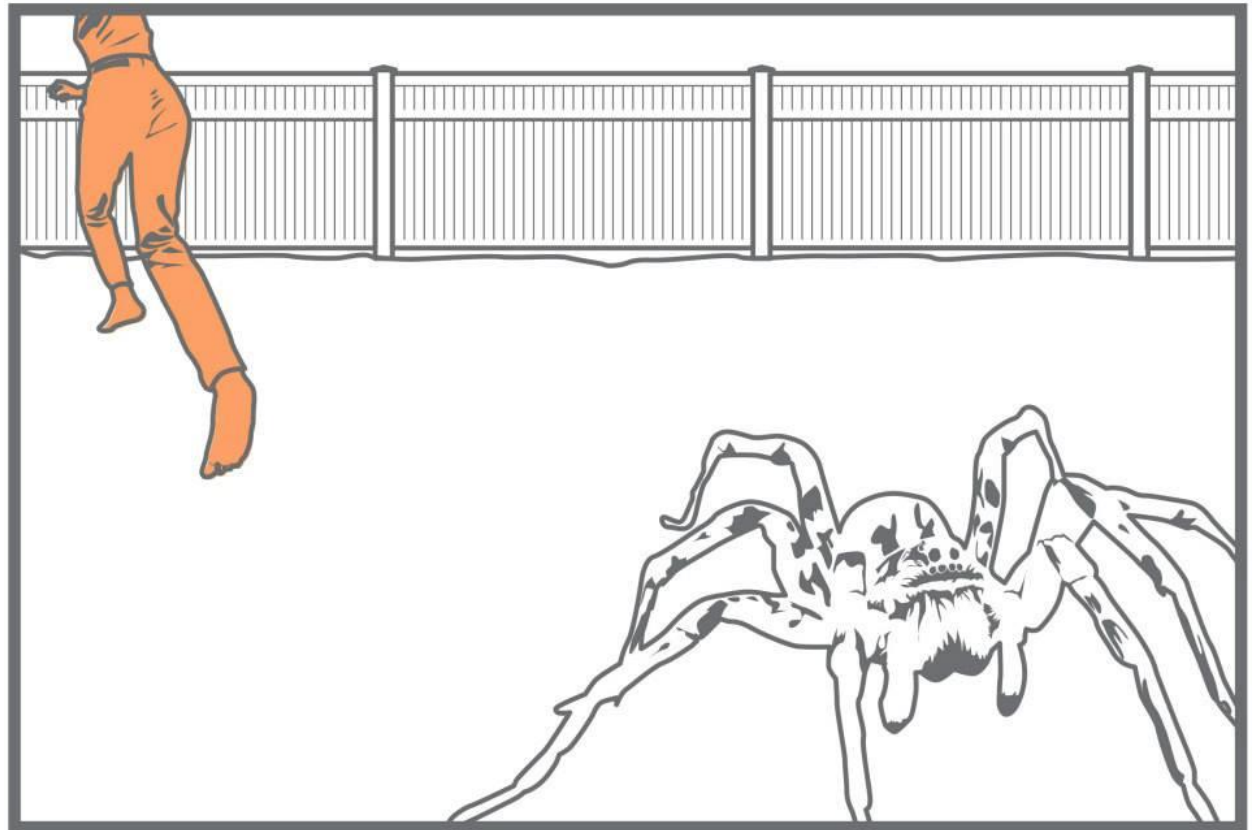
Danger



Fear

∞ Action Urge:

- Avoid



Fear

∞ Opposite Action

- Approach



Joy or Love

∞ Justified:

**Life
Improved**



Joy or Love

∞ Action Urge:

- Repeat



Joy or Love

∞ Opposite Action:

- Avoid
- Ignore
- Distract



Shame

∞ Justified:

**Violation
of Morals**



Shame & Guilt

∞ Action Urge:

- Hide

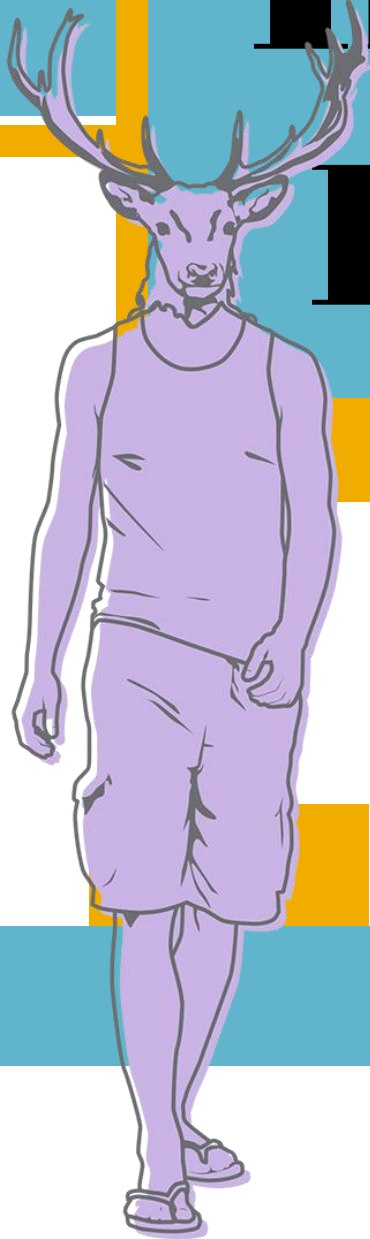


Shame & Guilt

- ∞ Opposite Action:
- Show up, be proud



Interpersonal Effectiveness



Skills

Interpersonal Effectiveness

Get what you want with...

D

escribe the situation

E

xpress your thoughts and feelings

A

ssert your needs

R

einforce the
consequences

M

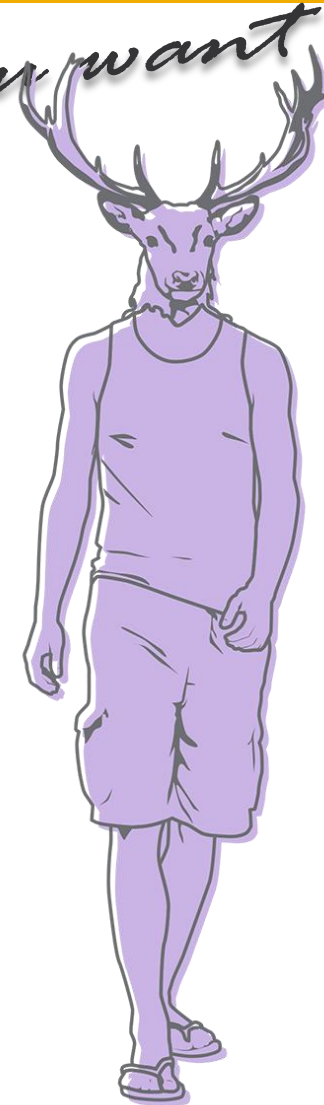
Stay mindful of your goal

A

pppear confident

N

egotiate



Interpersonal Effectiveness

Keep your relationships!



Gentle

Interested

Validating

Easy manner

Interpersonal Effectiveness

Be **F**air

Don't **A**pologize

Stick to your value

Be **T**ruthful

Keep your self respect!



I **ndividual** *Therapy*

Telephone

Consultation

Group
Therapy

Consultation
T
eam

Skills Modules

Mindfulness

*Emotion
Regulation*

Distress
tolerance

**Inter
personal
nal**

Effectiveness

Emotional Vulnerability



Unrelenting Crisis

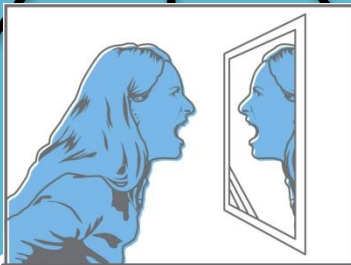


Active Passivity

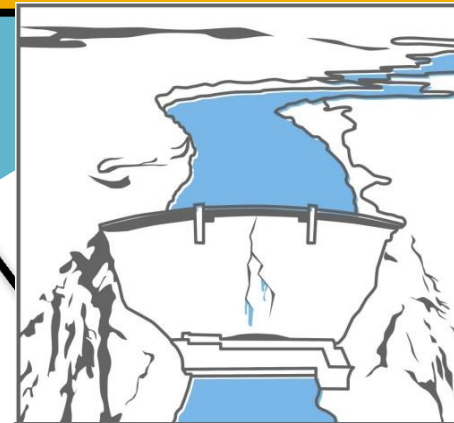
Dialectical Dilemmas



Apparent Competence



Self Invalidation



Inhibited Grief