

DBT in Practice

Goal: To learn how to change the patient's behaviors, emotions, and thoughts that are linked to problems in living and are causing misery and distress.

DBT Skill ¹	Definition	Goal	Core Components ²
Mindfulness	<ul style="list-style-type: none"> Intentionally living with awareness in the present moment Not judging or rejecting the moment Not experiencing attachment to the moment 	<ul style="list-style-type: none"> Reduce suffering and increase happiness Increase control of mind Experience reality as it is 	<ul style="list-style-type: none"> States of mind: wise mind, reasonable mind, emotion mind What skills (observe, describe, participate) How skills (non-judgmentally, one-mindfully, effectively)
Interpersonal effectiveness	<ul style="list-style-type: none"> Balancing acceptance and change ie, "walking the middle path" Thinking and acting dialectically 	<ul style="list-style-type: none"> Be skillful in getting what you want and need from others Build relationships and end destructive ones Walk the middle path 	<ul style="list-style-type: none"> Clarifying priorities Skills for objectives effectiveness (DEAR MAN), relationship effectiveness (GIVE), and self-respect effectiveness (FAST)
Emotion regulation	<ul style="list-style-type: none"> Managing negative and overwhelming emotions while increasing positive experiences 	<ul style="list-style-type: none"> Recognize and name primary and secondary emotions Decrease the frequency of unwanted emotions and suffering Reduce emotional vulnerability 	<ul style="list-style-type: none"> Changing emotional responses by checking the facts, using opposite action and problem solving skills Reducing vulnerability to emotion mind both in short and long term (ABC PLEASE)
Distress tolerance	<ul style="list-style-type: none"> Learning strategies to accept life in the moment and to tolerate crisis without engaging in problem behaviors 	<ul style="list-style-type: none"> Survive crisis situations Accept and tolerate reality Avoid acting on unhealthy desires and urges during intense emotional moments 	<ul style="list-style-type: none"> Tolerating painful events, urges, and emotions using STOP, pros and cons, TIP skills, distraction (wise mind ACCEPTS) Practicing radical acceptance

Source: *DBT Skills Training Handouts and Worksheets*, Second Edition, by Marsha M. Linehan. ©2015.

¹DBT skills ©2016 Marsha M. Linehan.

²The acronyms in this column refer to specific skill sets. For more information on these skills, consult the DBT skills training book referenced for this table.

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