

Overview of Dialectical Behavior Therapy

Darien Elementary Schools
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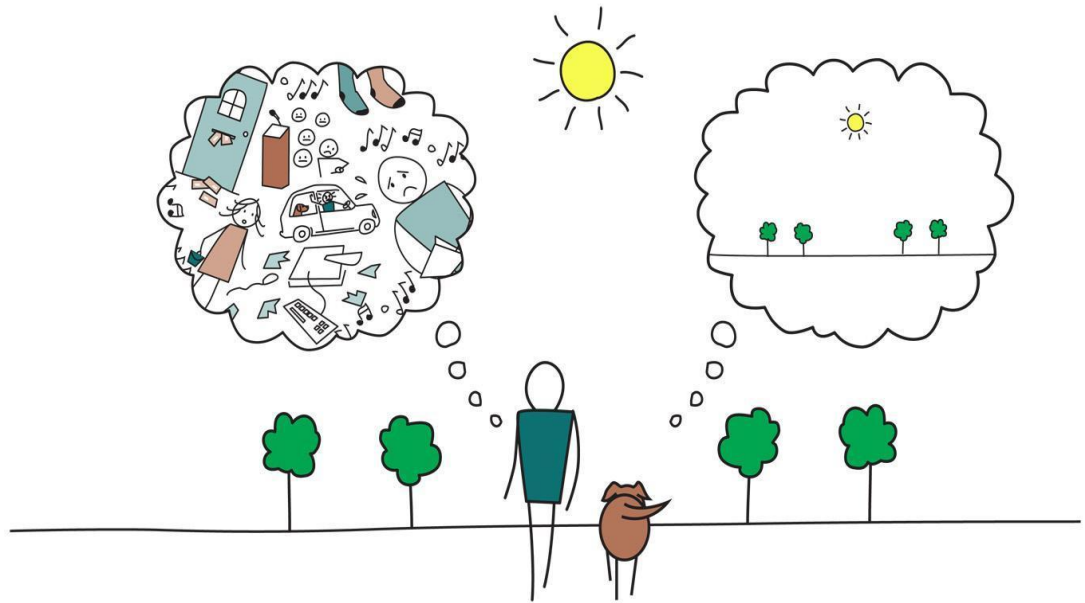
What is Dialectical Behavior Therapy (DBT) ?

- A skills based curriculum that helps students with social/emotional problem solving
- Initially developed as an intervention in a clinical setting but has evolved into a more general school-based program
- Used in schools to teach coping skills to improve emotional and behavioral regulation, subsequently helping educational functioning and developing critical life skills

What is DBT?

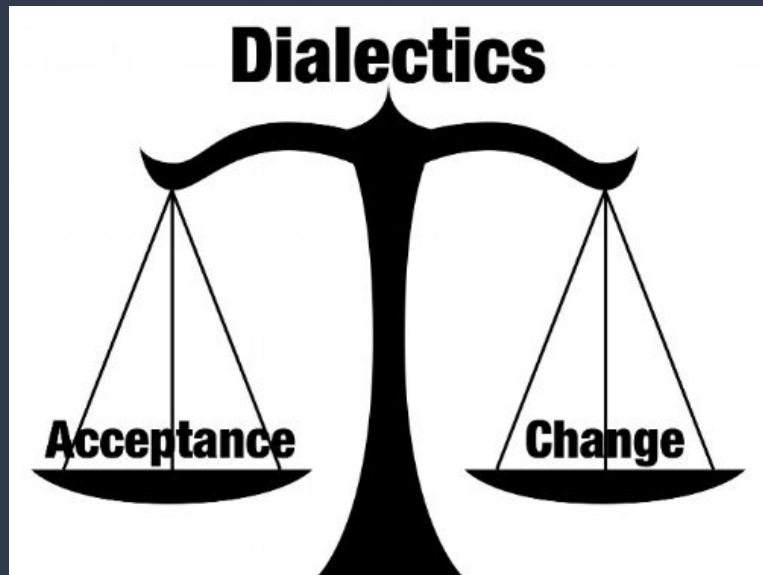
A synthesis of

- Behaviorism
- Mindfulness
- Dialectics



Mind Full, or Mindful?

Dialectics in DBT



- Dialectical means two seemingly opposite ideas can both be true at the same time
- A worldview encapsulated by the idea that there is no one truth
- Moving away from “either/or” to “both/and”
- Looking for what is being left out

I am doing our best, and I need to do better.

I understand your perspective, and I disagree with you.

I feel nervous about this, and I can handle it.

Some days are easy, and some days are hard.

Matching Problems with Skills

Problems

- I. Confusion about yourself
- II. Impulsivity
- III. Emotional instability
- IV. Interpersonal Problems
- I. Child and Family dilemmas

Skills

- I. Mindfulness
- II. Distress Tolerance
- III. Emotion Regulation
- IV. Interpersonal Effectiveness
- V. Walking the Middle Path

Why DBT in Schools?

- DBT is a skills-based curriculum that targets emotion regulation
- Emotion dysregulation means...
 - Difficulty identifying, labeling, & naming emotions
 - Difficulty noticing emotions at low intensities
 - Difficulty not acting on emotion urges
 - Difficulty controlling emotions and modulating their intensity
 - Difficulty sitting with and tolerating aversive emotions
- Emotion regulation underlies mental health disorders, problem behaviors, difficulties in relationships, and can contribute to academic problems

Biosocial Theory: How does emotion dysregulation develop?

Pervasive Emotion Dysregulation



Emotional sensitivity

+



Invalidating environment

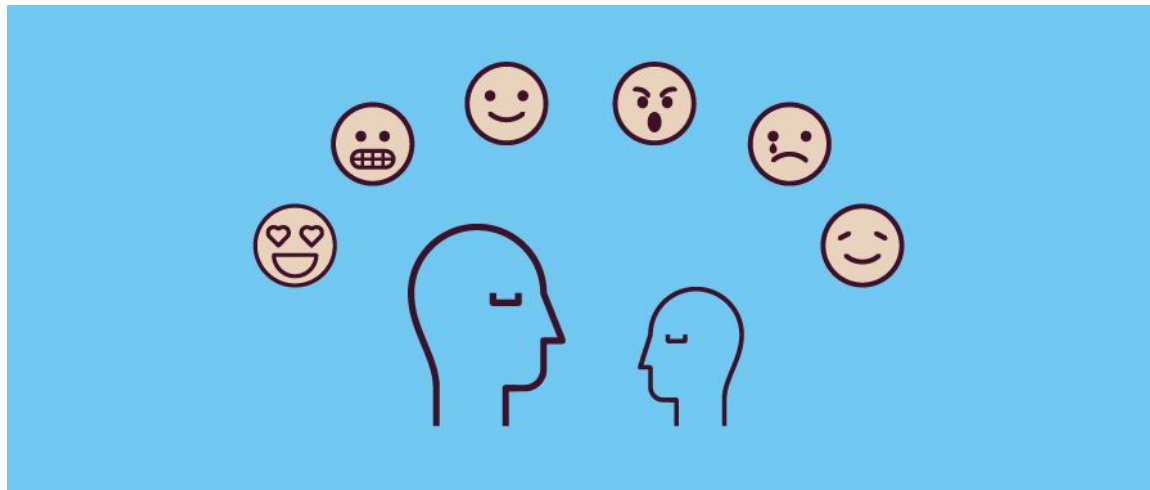
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Pervasive emotion dysregulation

Validation

- Validation communicates to another person that his or her feelings, thoughts, or actions make sense
- Confirming, authenticating, corroborating, verifying
- Validation does not necessarily mean that you agree with what the other person is saying, doing, or feeling



IT'S **NOT**
ABOUT
THE
NAIL




Why bother validating?

- It strengthens relationships!
- It reduces emotional dysregulation
- It shows that you:
 - Are listening
 - Understand (or are trying to understand)
 - Are being non-judgmental
 - Care
- Validate *before* problem-solving

What can I validate?

- Emotions, thoughts, urges, behaviors
- The importance of the problem
- The difficulty of the task
- Emotional pain
- Feeling out of control



Validation doesn't necessarily mean that you agree with someone's thoughts or behaviors, it **means that you can recognize their feelings.**

@MYSIGNATURENUTRITION

What does validation sound like?

It makes sense you feel...

I can understand why you want to...

This sounds really upsetting.

Of course you are feeling...

This is so tough!

I bet you're feeling...

Validation is not:

- What's the big deal?
- You're being too sensitive
- Just calm down!
- Don't worry about it, you'll get it next time!
- There are bigger problems in the world!
- Don't be so angry.

Thank you!

- Questions?
- To learn more about DBT or CBC, please visit cbc-psychology.com