

Dialectical Behavior Therapy (DBT) Skills: Tolerating My Distress

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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

Matching Problems with Skills

Problems

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

Skills

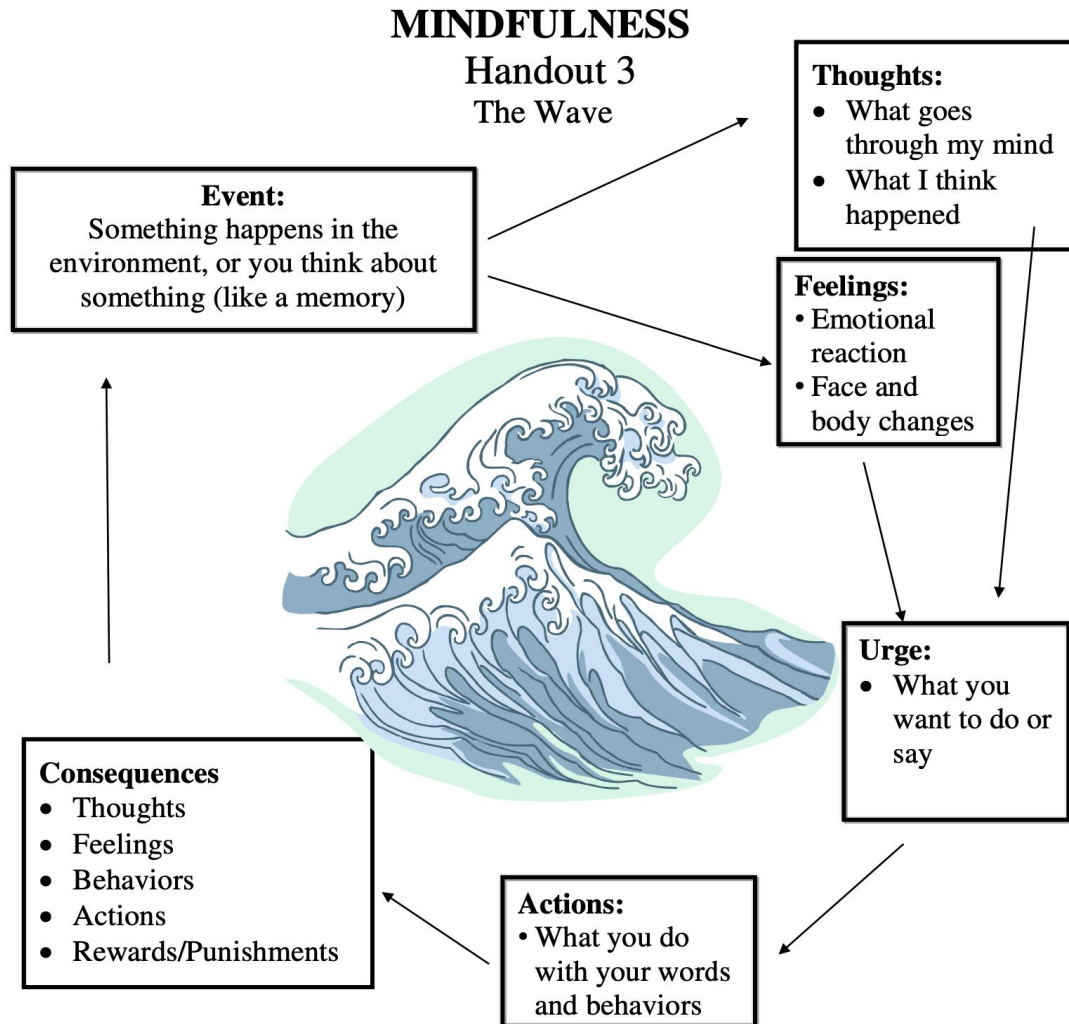
- I. Mindfulness
- II. Distress Tolerance*
- III. Emotion Regulation
- IV. Interpersonal Effectiveness
- V. Walking the Middle Path

Review: Mindfulness

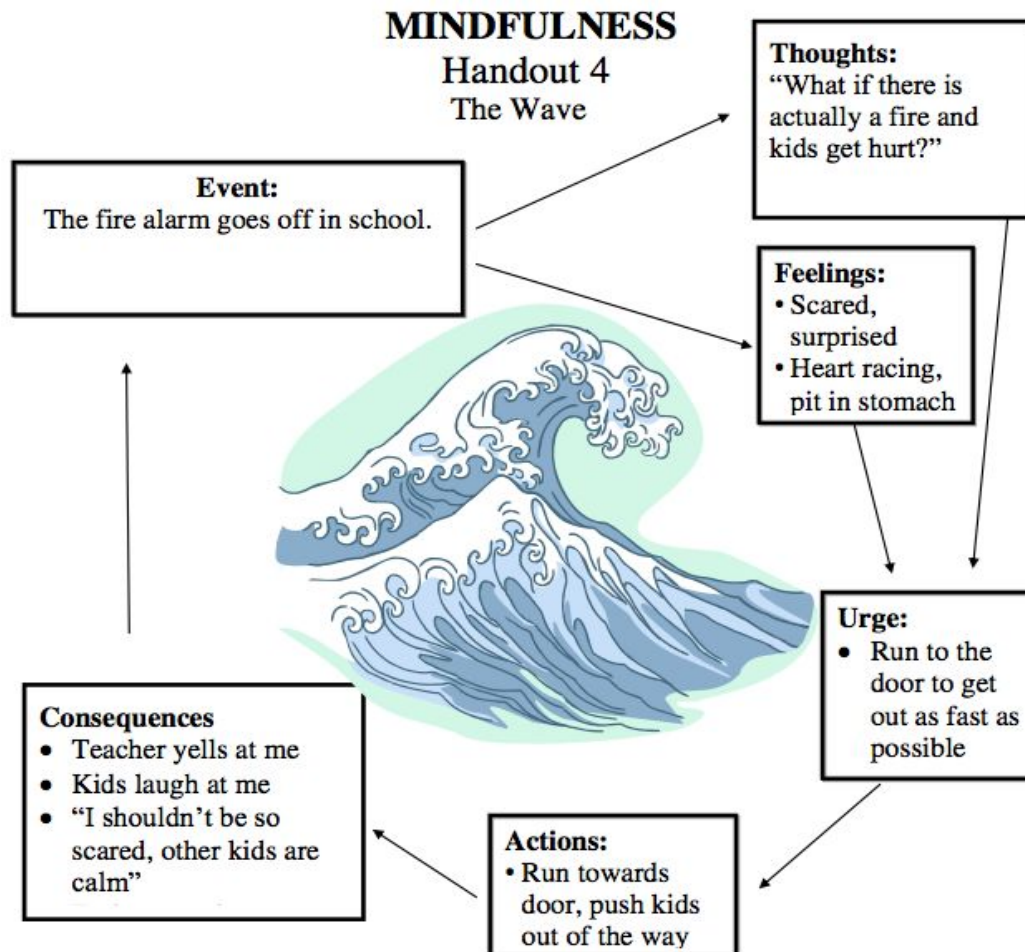


Mind Full, or Mindful?

Wave Skill



Wave Skill Example



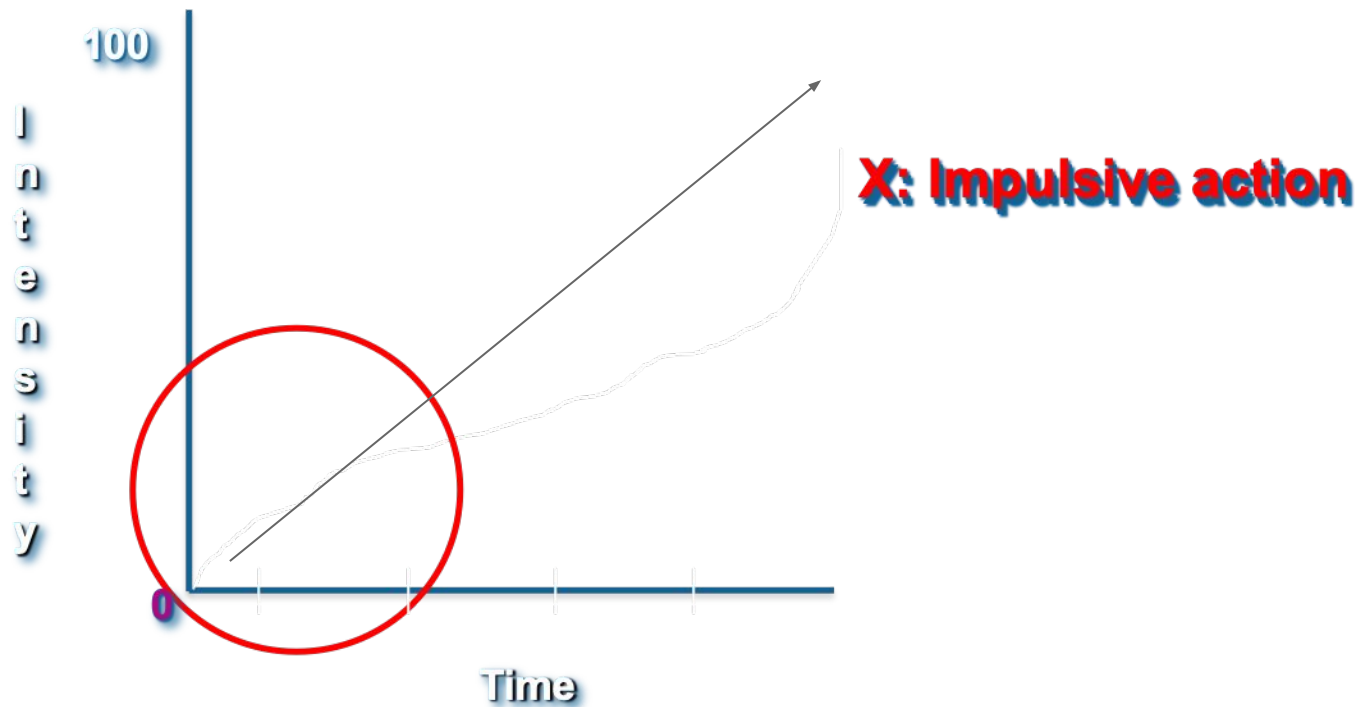
Impulsive Behaviors in Children

*Acting without thinking!

- Physical aggression (e.g., hitting kicking, punching, slamming a door)
- Verbal aggression (e.g., cursing, using disrespectful language towards others)
- Blurting out something socially inappropriate
- Calling out in class
- Interrupting others
- Engaging in dangerous activities
- Avoiding activities

Slowing Down with Mindfulness (and DT skills!)

- Catch emotions and urges early
- Break the link between urge & behavior



What are distress tolerance skills?

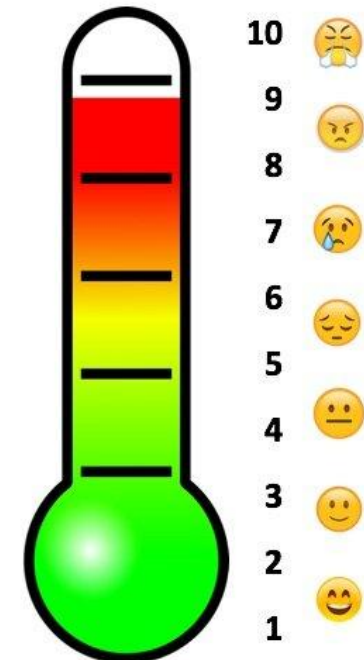
- Help tolerate difficult situations when problems cannot be solved right away
- Help get through a situation without making it worse
- Short-term solutions
- Do not solve the core problem
- Do not necessarily make people feel better

Changing My Physiology: TIPP Skill

We use TIPP skills when:

- Stuck in emotion mind
- Brain is not processing information
- 8-10 on emotion thermometer
- Want to decrease physiological arousal

FEELINGS THERMOMETER



Changing My Physiology: TIPP Skill

Temperature

Intense Exercise

Paced Breathing

Paired Muscle Relaxation



Shifting My Attention with DISTRACT

DISTRESS TOLERANCE

Handout

Just Getting Through with DISTRACT

Do something else



Play with toys, video games, or clay.
Draw, read, or sing. Listen to music. Exercise.

Imagine



Imagine that you're at your happy place.

Intense sensations



Squeeze a piece of ice in your hand. Put ice pack on your face, bend and hold your breath.
Taste sour candy, listen to fast upbeat music

Stop thinking about it



Don't think about what's bothering you.
Say "No!" or "Stop!" in your mind.
Imagine shutting the problem in a box.

Think about something else



Count to 20, notice colors in the room, tell yourself a story, play an alphabet game.
Think about your favorite things.

Remind yourself



Remind yourself that you'll feel better later.
Remember other times when you felt bad and then felt better. Tell yourself "it will be okay."

Ask



Ask a sibling or friend to do something with you. Ask your parent to help you use skills.

Count your breath



Count to 5 when you breath in and to 7 when you breath out. Do it again.

Take a break



Walk away or ask for a "time out." Hold a favorite stuffed animal. Get a cold drink.

Tense and Relax



Do "Tense and Relax" by flexing all of your muscles, holding it as long as you can and releasing all at once.

Modeling and Practicing Skill Use: A-VCR Model

- A: Attend/Assess the situation
 - Attend to child's emotions
 - Attend to your own emotions if needed
 - Assess the situation
- V: Validate your child's emotions and self-validate your own
- C: Coach skill use
- R: Reinforce for skill use
 - Praise
 - High-five or hug

Thank you!

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