



Dialectical Behavioral Therapy (DBT)

Behavioral Health Tips

Dialectical Behavioral Therapy (DBT) is a type of cognitive behavioral therapy that focuses on giving individuals skills to control their emotions and interact with others more successfully. DBT focuses on teaching individuals how to reflect on their thoughts and actions and understand how differing viewpoints and beliefs can exist simultaneously. DBT introduces skills to individuals in one-on-one and group therapy environments. There is strong evidence that DBT can treat mood disorders, help individuals learn to regulate their emotions better and change behavioral patterns such as substance use and self-harm. Family members often are invited to participate in therapy groups to learn how they can best support their children and adolescents.

Typical DBT Program Models:

DBT programs focus on teaching skills to participants through a set curriculum. Participants learn skills together and work through understanding them in the group setting. This allows for participants to work together and deal with conflict in a moderated setting. Individual weekly sessions complement group skill sessions. In individual sessions, participants work with trained therapists to set goals, reflect on what went well (and what went not so well) during group skill sessions. DBT programs attempt to combine cognitive restructuring techniques with in-vivo behavioral training: participants learn how to talk the talk but also walk the walk during their time in the program. Participants continue through an entire cycle of the four key modules of DBT and then either repeat the modules or continue to work through behavioral patterns in individual therapy.

TIPP:

One skillset often taught in DBT is TIPP.

TIPP is an acronym which stands for **Temperature, Intense exercise, Paced breathing, and Progressive muscle relaxation**. These skills help to tolerate distress or painful events/emotions when you cannot change the situation or make things better right away. It

For more information

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Ground Floor, CCMC Emergency Room
718-470-3768

Pediatric Behavioral Health Urgent Care
269-01 76th Avenue, Suite 161
New Hyde Park, NY 11040

718-470-3148

Pediatric Behavioral Health- Rockville Centre
100 Merrick Road
Rockville Centre, NY 11570

516-927-1630

Pediatric Behavioral Health- Mineola
156 First Street
Mineola, NY 11501

516-321-5770

Pediatric Behavioral Health- Commack
2171 Jericho Tpke, Suite 345
Commack, NY 11725

631-775-3280

allows you to decrease high emotional arousal to avoid making a situation worse or engaging in an unhealthy or maladaptive coping mechanism. Learning to tolerate distress can help better manage painful emotions, thoughts, situations. TIPP skills are helpful in

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reducing emotional intensity rapidly within minutes. These skills will change your physiological response to decrease emotional arousal.

How to Use TIPP:

TIPP focuses on strategies an individual can use when they feel stressed or upset.

Temperature: To “tipp” the temperature of your body quickly to reduce intense emotions. You can splash cold water on your face, hold ice or cold pack, chew on ice, put your face in bowl of cold water, or come into contact with cold water. All of these can help you quickly reduce your emotional state and bring you back to more rational thinking and calmer feelings/thoughts.

Intense exercise: To help bring down the intense emotions, sometimes utilizing exercise can help to release intense emotions/energy. Engage in an intense exercise for approximately 15-20 minutes to improve mood and decrease negative emotions or intense arousal. This can be particularly helpful for intense anger, agitation, or ruminating thoughts. Ex: running, jumping jacks, dancing, playing a sport, etc.

Paced Breathing: When in high emotional states, slowing down of one’s inhale and exhale can help reduce intense emotions. Practice counting your breaths; you want to breathe out slower than you breathe in. Ex: Try to count breathing for 4 seconds in and then 4 seconds out. Continue to do this for 1-2 minutes. Gaining control of your breathing is the goal. Sometimes holding your belly while counting can help to insure you are breathing deep through your abdomen.

Progressive muscle relaxation: This is the practice of tensing and relaxing each of your muscle groups and noticing how tense each group feels as you breathe in and out. To practice this skill, try to tense and relax each of your muscle groups throughout your body from head to toes. The body can automatically become tense when feeling anxious or during high emotional states. Practicing muscle relaxation can help reduce these automatic tense responses. This can be particularly helpful in management of anxiety.

Additional Information:

Books:

Linehan, M. M. (2015). DBT® skills training manual (2nd ed.). New York, NY, US: Guilford Press.

Rathus, J. H., & Miller, A. L. (2015). DBT®skills manual for adolescents. New York, NY, US: Guilford Press.

Harvey, Pat; Rathbone, Britt: Parenting a Teen Who has Intense Emotions

Apps:

CalmHarm

DBT Coach

Simple DBT Skills Diary Card

Websites:

www.behavioraltech.org

www.dbt.tools

<https://www.sunrisertc.com/distress-tolerance-skills/>

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

<https://www.goodtherapy.org/blog/distress-tolerance-dbt-when-you-reach-your-tipping-point-try-tip-0424175>

