

DBT Distress Tolerance Skills:
 Helping your child through Tough Times without Making it Worse

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DBT Dialectical Behavior Therapy

A form of Cognitive Behavior Therapy created by Marsha Linehan

Treatment for people who have difficulty controlling their emotions and behaviors

Aims to replace problem behaviors with skillful behaviors

Helps people experience a range of emotions without necessarily acting on those emotions.

Helps people navigate relationships

Helps create a "Life Worth Living"

DBT Assumptions

01 People are doing the best they can	02 People want to improve	03 People need to do better, try harder, and be more motivated to change	04 People may not have caused all their own problems and they have to solve them anyway	05 There is no absolute truth
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What does dialectic mean?

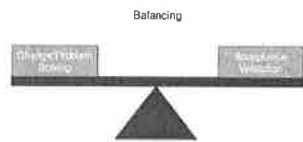
A belief that there is no one truth

There is truth on both sides of an argument, rather than on one side or the other

Both/and instead of Either/or

What is DBT?

Dialectics



Dr. Kirk Lazarus - www.dbttrain.co

Primary Dialectic in DBT

"Bio-Social" Theory of Emotions

"Bio" Theory:

There is a biological vulnerability to emotions: (1) Sensitivity - immediate reactions and the tolerance; (2) Reactivity - reactions are extreme and interfere with ability to think; (3) Slow return to baseline - reaction last a long time

In addition, the body is chemically unable to effectively regulate emotions.

Transacting with...

"Social" Theory:

An "invalidating environment" sends the message "Not what you are feeling, thinking or doing is incorrect, inappropriate, or "wrong". The invalidating environment often rejects, punishes and makes you feel "ashamed" of your thoughts, feelings and behaviors, and you may begin to start to invalidate yourself as a result.

You're so stupid! You don't really feel that bad,

I shouldn't feel this way, I'm so stupid!

Over time leads to multiple problems:

Confusion about yourself, what you feel, who you are, responsibility, emotional instability.

Biosocial Theory

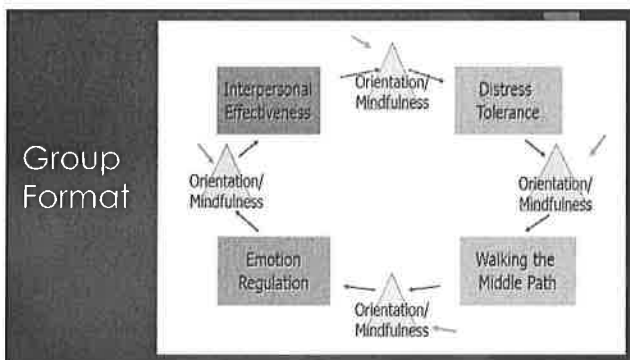
Goals of Skills Training

Problems to Decrease:

- Reduced Awareness and Focus; Confusion of Self
- Emotional Dysregulation
- Impulsivity
- Interpersonal Problems
- Teenager and Family/School Challenges

Behaviors to Increase:

- Mindfulness
- Emotion Regulation Skills
- Distress Tolerance Skills
- Interpersonal Effectiveness
- Walking the Middle Path



What is Mindfulness:

- Being in the present moment without judgement and without trying to change it
- Being aware, with a focused attention, to the moment without worrying about what just happened or what might happen in the future
- Fully throwing yourself in to what you are doing right now

Mind Full, or Mindful?







Distress Tolerance Skills

- Distraction with Mind Wise ACCEPTS
- Self Soothe with your senses
- IMPROVE the moment
- Pros/Cons
- TIPP
- Radical Acceptance

Distraction: Wise Mind ACCEPTS

- Activities – Do something
- Contributing – Contribute or do something nice for someone
- Comparisons – Compare yourself now to a time when you were doing worse
- Emotions – create *different* emotions
- Pushing Away – push the painful situation out of your mind temporarily
- Thoughts – replace your thoughts
- Sensations – Intensity other sensations

Self Soothe with our Senses

<p>Taste – some of your favorite foods mindfully (don't overdo it)</p>	<p>Touch – take a long bath or shower, pet your dog/cat, get into your comfy clothes</p>
<p>Vision – Go to your favorite place and take in all the sights, look at photos, notice colors in nature</p>	<p>Hearing – Listen to your favorite music or a sound machine, listen to sounds in nature</p>
<p>Smell – put on your favorite lotion, burn a scented candle, bake cookies or make popcorn, "smell the roses"</p>	<p>Movement – stretch, go for a walk/run, do yoga, dance</p>

IMPROVE the Moment

Imagery – Imagine very relaxing scenes of a calming, safe place; Imagining things going well

Meaning – Find or create some purpose or meaning; Making lemonade out of lemons

Prayer – Open your heart to greater wisdom – ask for strength to bear the pain of the moment

Relaxation – PMR, Square Breathing, stretch, take a warm bath, get a massage

One thing in the Moment – focus your entire attention on what you are doing *right now*

Vacation – take a walk, get outside, have your favorite coffee drink/smoothie

Encouragement – cheerlead yourself – "this too shall pass", "I'm doing the best I can"

Pros/Cons

	PROS	CONS
Acting on Crisis Urges:	• Pros of acting on impulsive urges:	Cons of acting on impulsive urges:
Resisting Crisis Urges:	• Pros of resisting impulsive urges:	Cons of resisting impulsive urges:

TIPP Skills: What are they?

- To the temperature of your face**
 - Cold water, 10-20 seconds, 3 times
 - Alternatives: ice pack, refrigerated gel eye mask, cold wet compress to cheek bones just below eyes
- Intense aerobic exercise**
 - 20 minutes
- paced breathing**
 - Slow breathing to 5-6 breath cycles per minute
 - One complete cycle of inhale and exhale lasting 10-12 seconds
- Progressive muscle relaxation**
 - Daily practice for one month to achieve full benefits

Radical Acceptance

It is what it is.

- The skill of accepting the things you cannot change
- Helps you cope effectively with your emotions
- Helps you move on rather than suffering with bitterness
- Letting go transforms unbearable suffering into more ordinary pain, which is part of life
- Acceptance is a process rather than a one-time decision
- We may have to repeatedly "turn our minds" to go towards acceptance road
- Acceptance does not equal approval

Distress Tolerance: Practical Application

- Prepare ahead of time and keep it simple!
- Identify impulsive problem behaviors with your body
- What DISTRACT skills can you use in school? (include at least 2 things of your own)
- What is something to them?
- Create pros/cons that they can write and review when they have urges
- Problem-solving how to use the TIPP skills

Thank You!
