

The background is a dark, textured surface with numerous water droplets of various sizes scattered across it. The droplets are rendered with realistic highlights and shadows, giving them a three-dimensional appearance. The text is centered and written in a clean, white, sans-serif font.

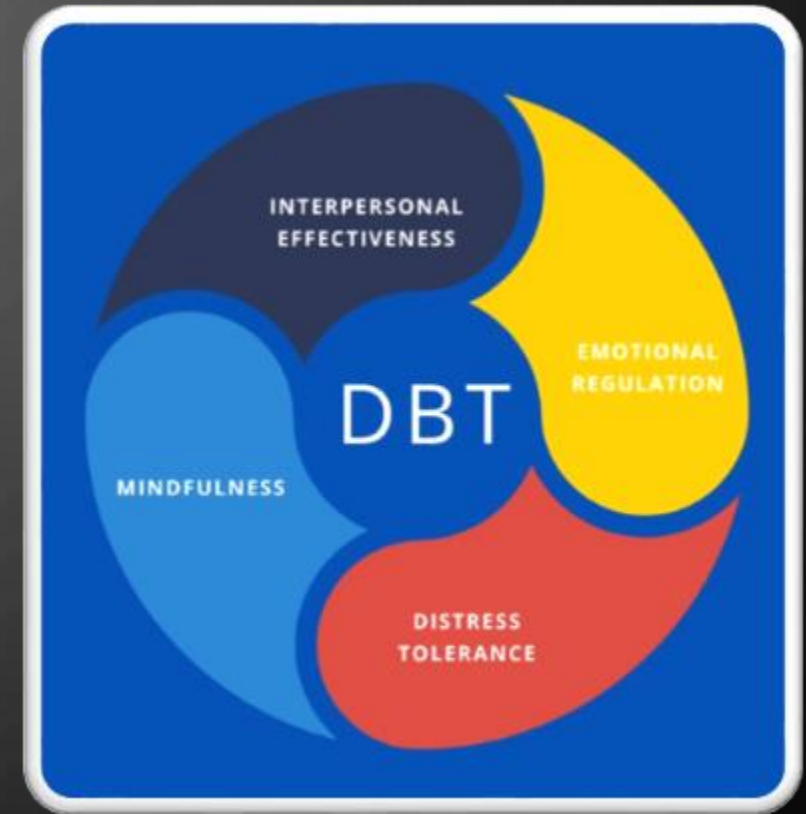
DBT – INTERPERSONAL EFFECTIVENESS: RELATIONSHIP (GIVE) & SELF-RESPECT (FAST)

OCTOBER, 2023

LA CHEIM BEHAVIORAL HEALTH SERVICES

DIALECTICAL BEHAVIORAL THERAPY

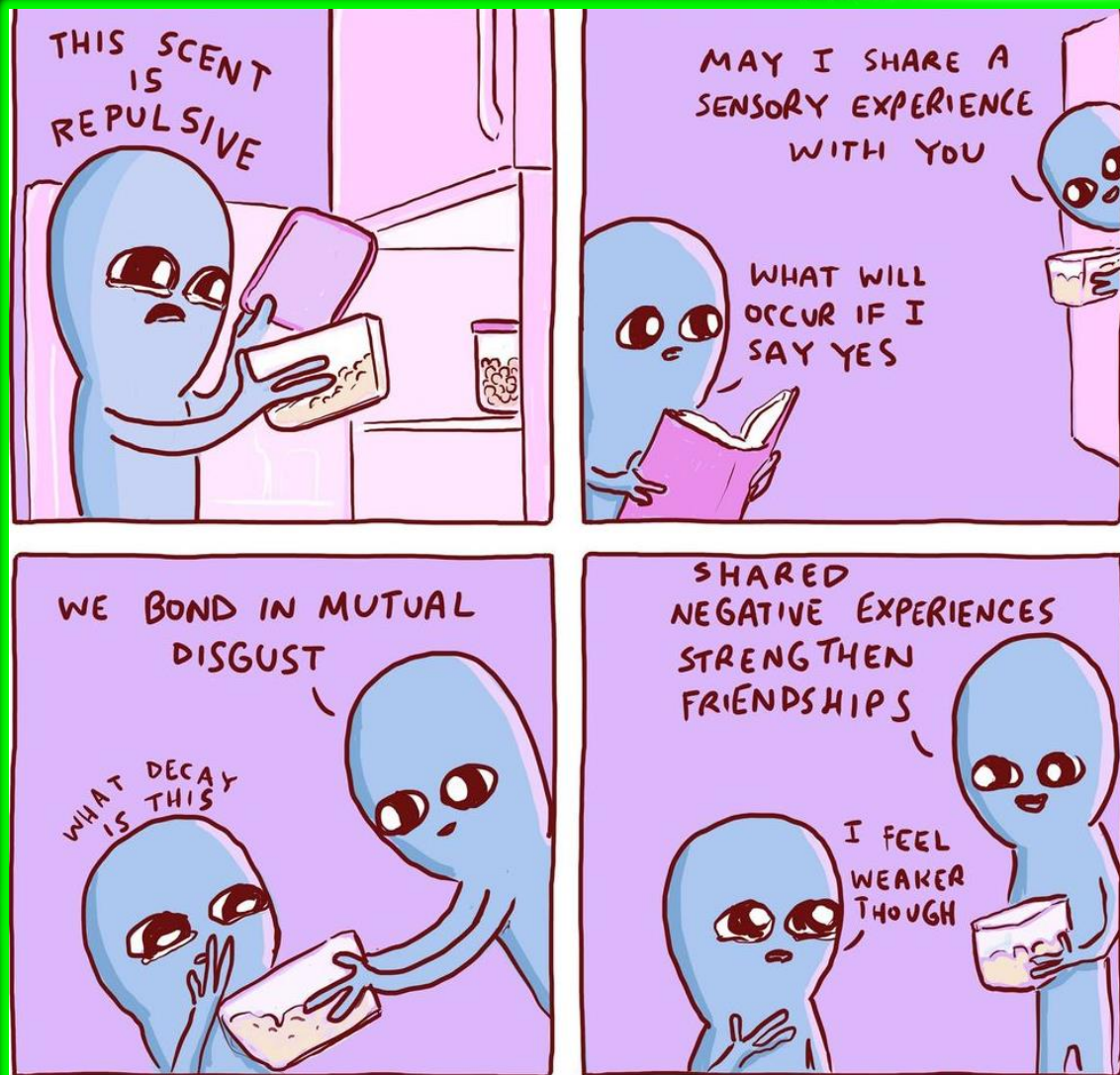
- DEFINITION: EVERYTHING IS FUNDAMENTALLY COMPRISED OF OPPOSITES – AND THE HEALING COMES IN EXPLORING THE MIDDLE SPACES IN THE DIALECTIC
- PURPOSE: DESIGNED TO HELP US BETTER COPE WITH **EXTREME SETS OF EMOTIONS** - VERY REPETITIVE – NECESSARY FOR REWIRING OUR BRAIN
- VERY RESEARCH-BASED, COMMONALITIES WITH **CBT**...BUT WHEN THE **STAKES ARE HIGHER** AND REFRAMING OF THOUGHTS IS **TOO DIFFICULT**



DBT

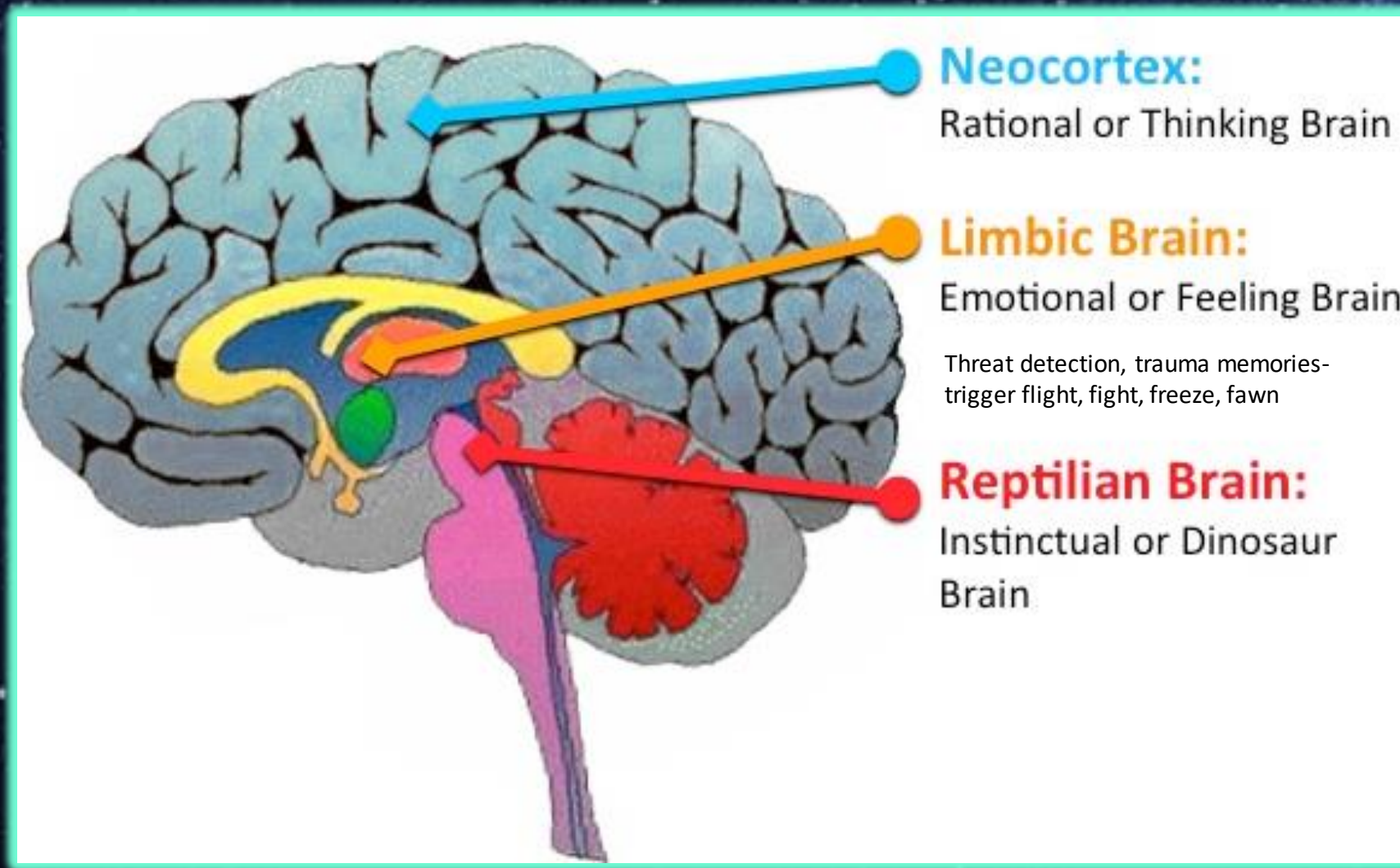
- MOST OF THE SKILLS INVOLVE TAKING A **PAUSE**
- HELPS **DISARM** THE THOUGHT THAT WE'RE A HORRIBLE PERSON (THAT PEOPLE MAY HAVE BEEN REINFORCING OUR ENTIRE LIFE) - OR THAT OTHER PEOPLE ARE HORRIBLE PEOPLE
- **MOST USEFUL:**
 - WHEN WE NEED TO BUY TIME,
 - TO PREVENT THINGS COME GETTING WORSE,
 - TO HELP WHEN OUR EMOTIONS ARE TELLING US TO DO SOMETHING EXTREME - SOMETHING WE'LL LATER REGRET
- STARTING POINT IS **WISE MIND...**

Interpersonal Effectiveness



DBT Skills Group

Triune Model of the Brain: Wired to Maintain Relationships?



Interpersonal Effectiveness- Key Ideas Review

- Timing, dose, and approach
- Be aware of “all or nothing” thinking or goals
- Move from reactive conversations to proactive, deliberate

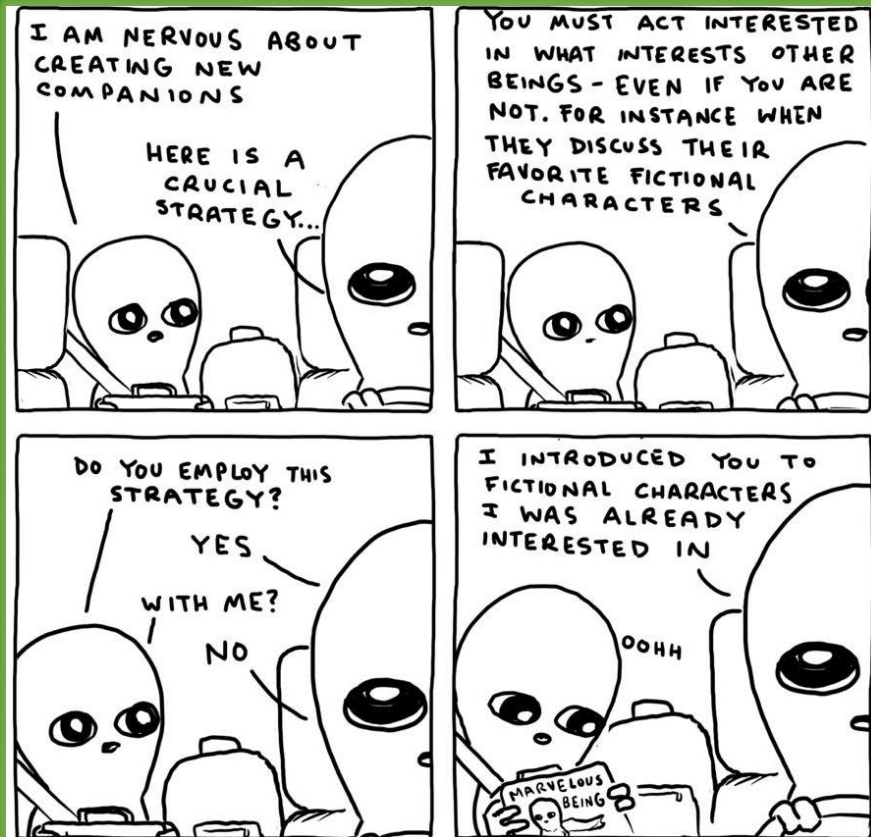
REVIEW: ASSERT YOURSELF W/ DEAR MAN

- **Describe**
- **Express**
- **Assert**
- **Reinforce**

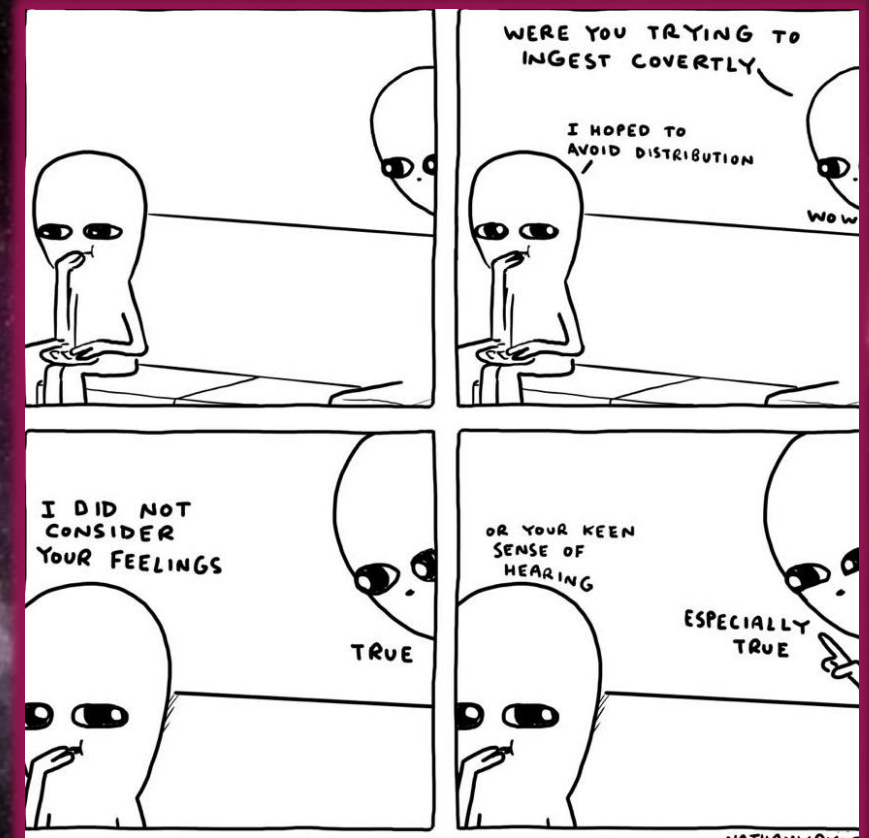
- **(Stay) Mindful**
- **Appear Confident**
- **Negotiate**

GIVE FAST

GIVE: Using Relationship Effectiveness

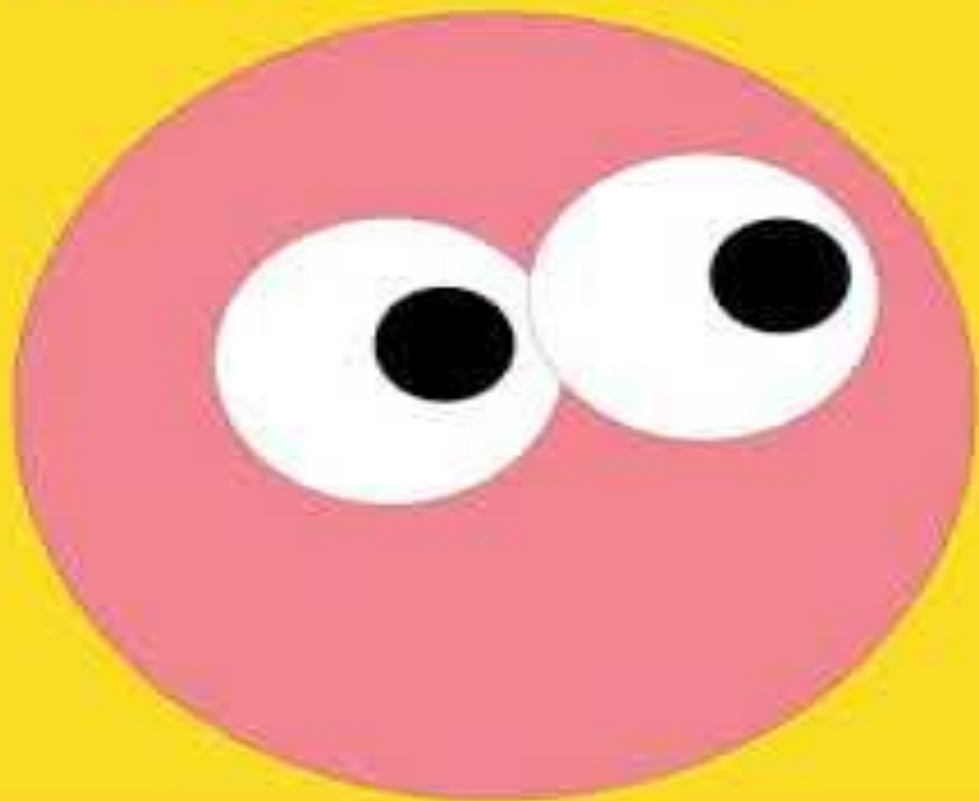


- Gentle
- Interested
- Validate
- Easy Manner



Goal: improve or maintaining a relationship with another person during a conversation
*Heads up: lots of “don’ts” in this section

(ACT) INTERESTED



Link for GIVE video

<https://www.youtube.com/watch?v=TssJs6g6QLI>

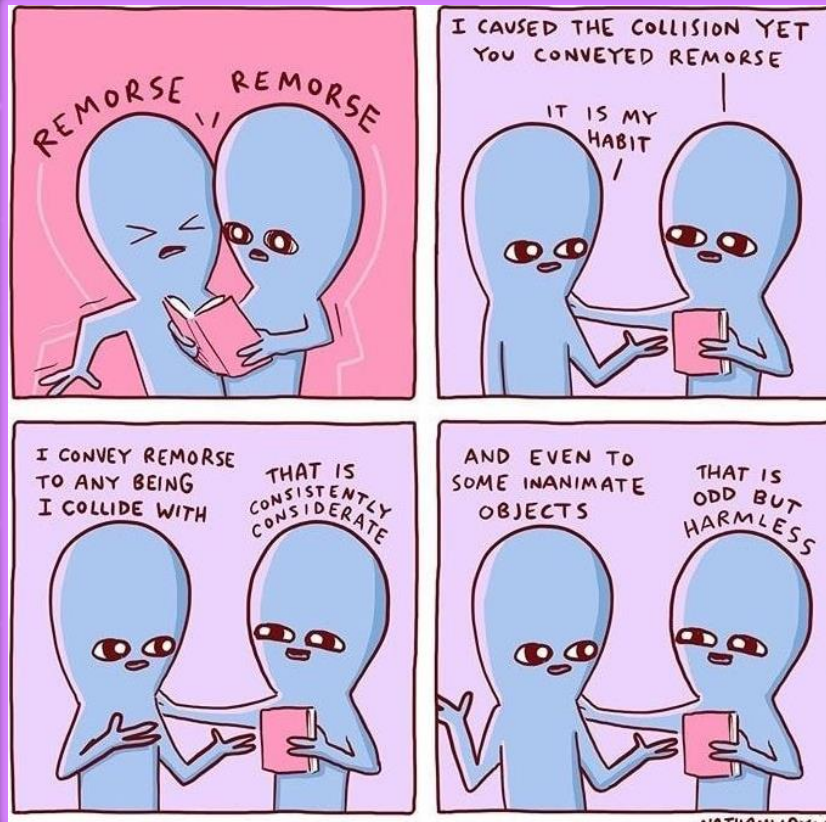
RELATIONSHIP EFFECTIVENESS W/ GIVE

- **Gentle**
- **Interested**
- **Validate**
- **Easy manner**

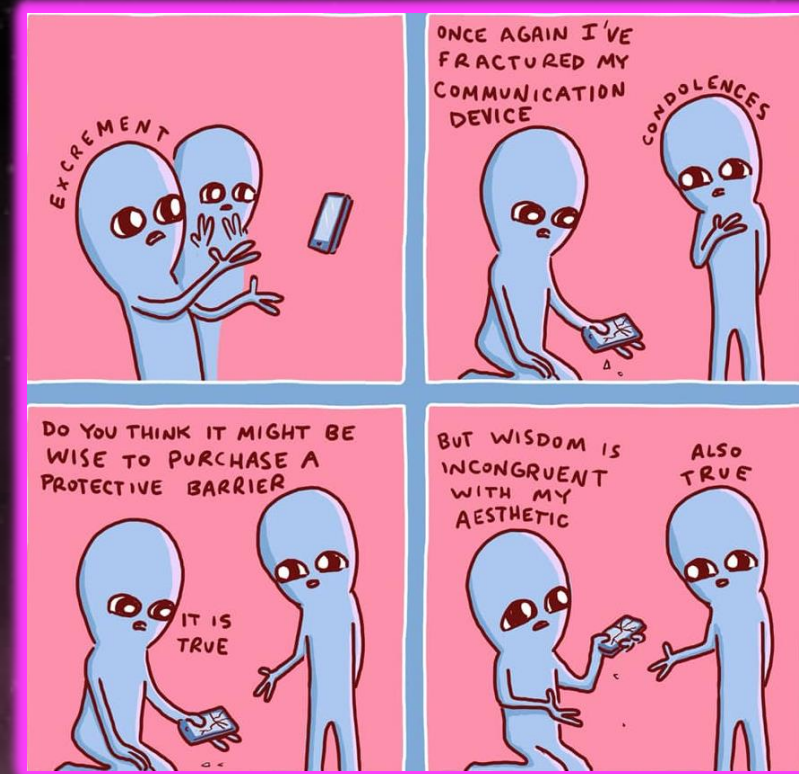
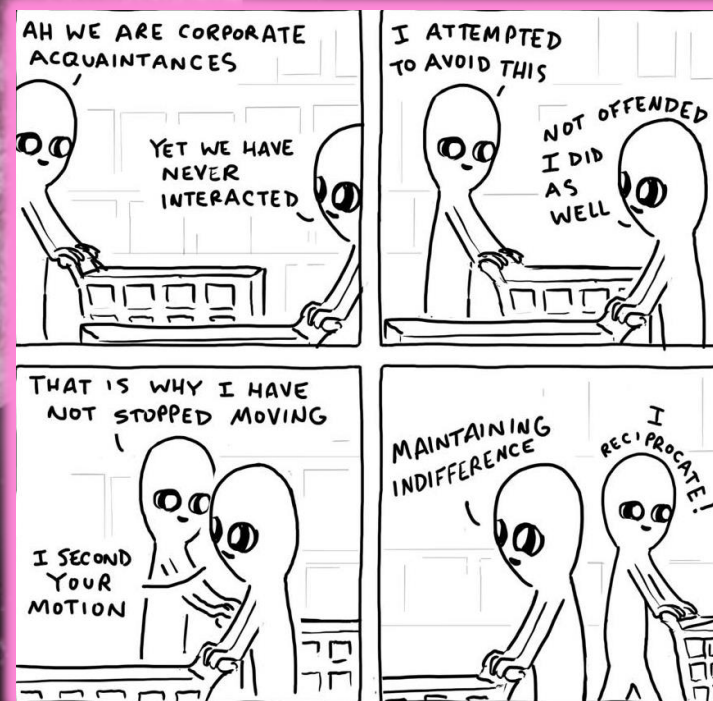
- 1) Which part of the approach comes more naturally to you?
- 2) Which part could you work on to increase your relationship effectiveness?
- 3) What helps you be able to access these?

FAST: Self-respect Effectiveness

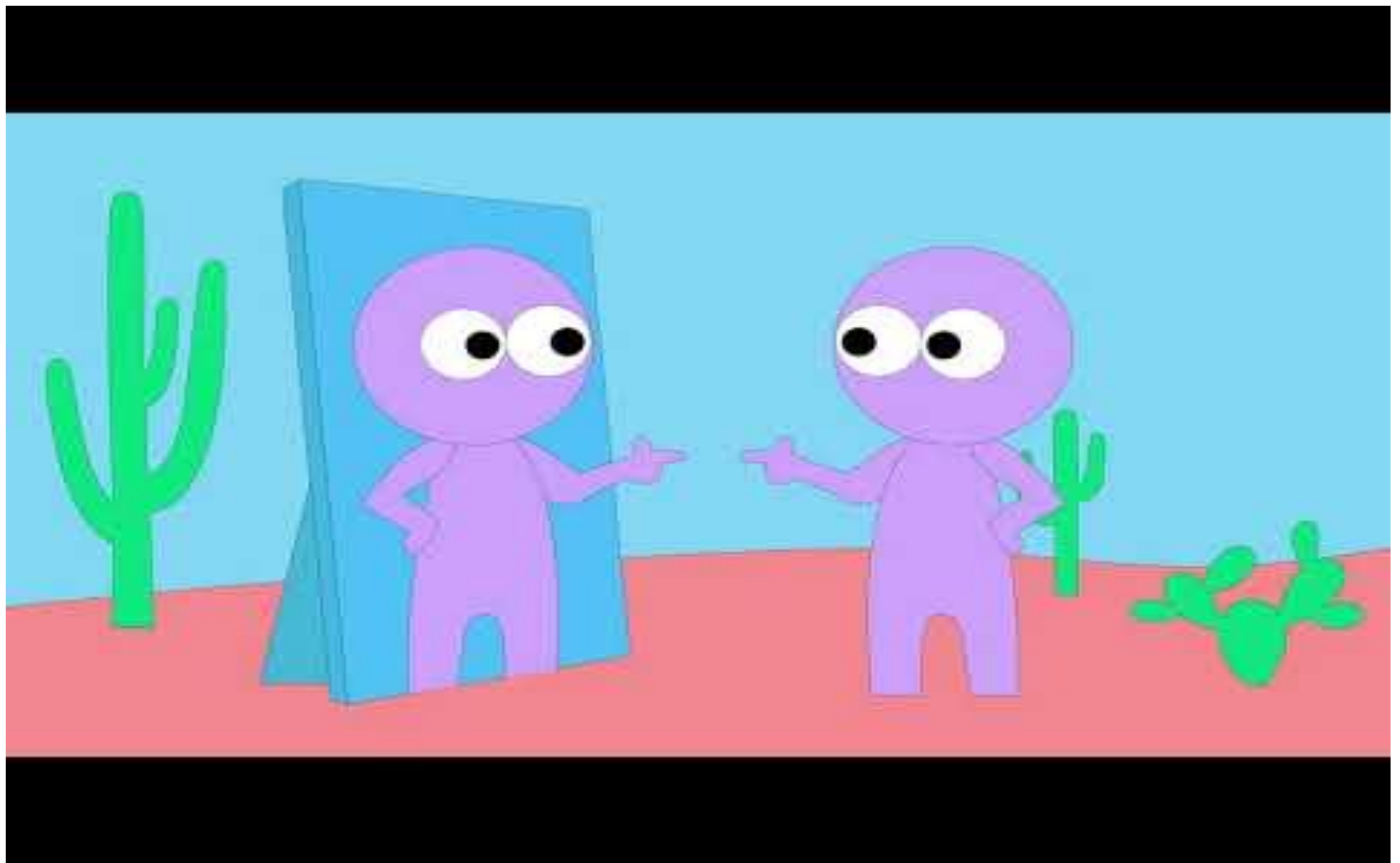
- Fair
- Apologies
- Stick to values
- Truthful



Goal: maintaining YOUR self-respect in conversations



Very DBT that GIVE & FAST can seem like opposing ideas



Link for FAST video

<https://www.youtube.com/watch?v=Gmjd-9PmCi4>

SELF-RESPECT EFFECTIVENESS W/ FAST

- **Fair**
- **Apologies**
- **Stick to values**
- **Truthful**

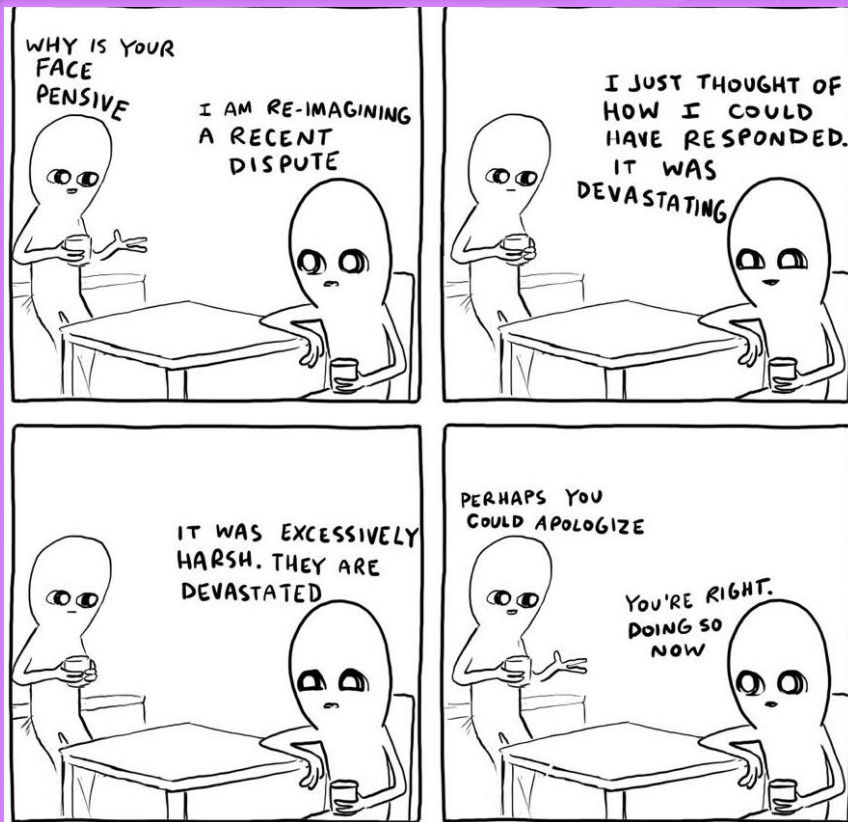
- 1) Which part of the approach comes more naturally to you?
- 2) Which part could you work on to increase your self-respect effectiveness?
- 3) What helps you be able to access these?

GIVE FAST

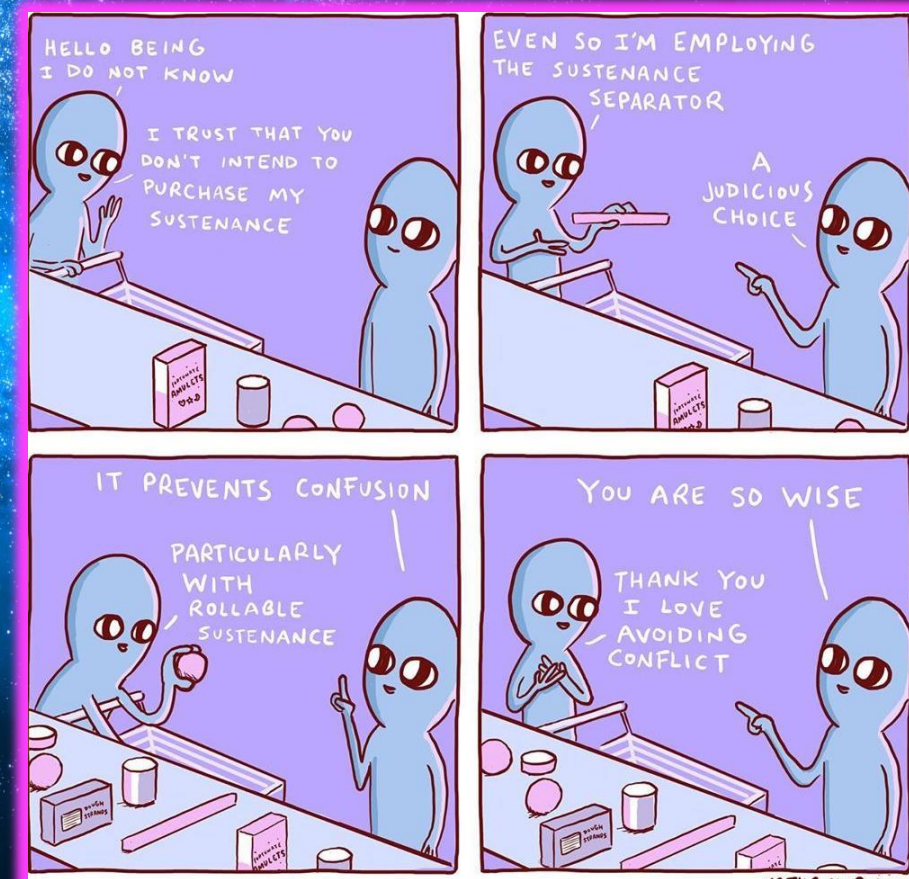
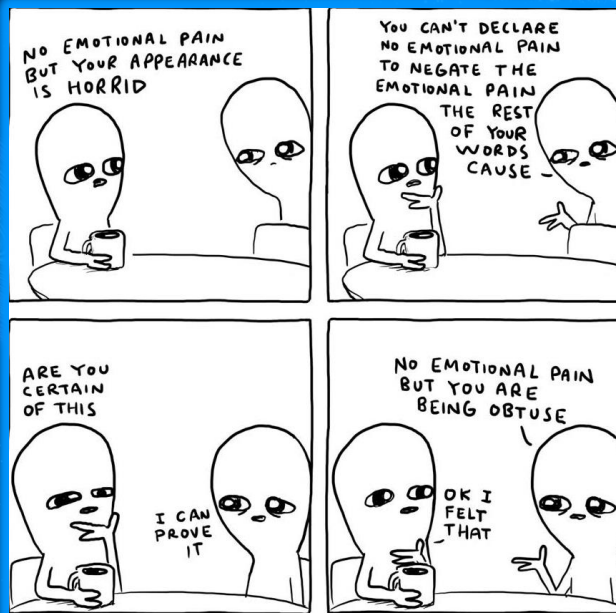
- GENTLE
- INTERESTED
- VALIDATE
- EASY MANNER

- FAIR
- APOLOGIES
- STICK TO VALUES
- TRUTHFUL

Interpersonal Effectiveness- Key Ideas



- Timing, dose, and approach
- Be aware of “all or nothing” thinking or goals



- Move from reactive conversations to proactive, deliberate