

Dialectical Behavioral Therapy

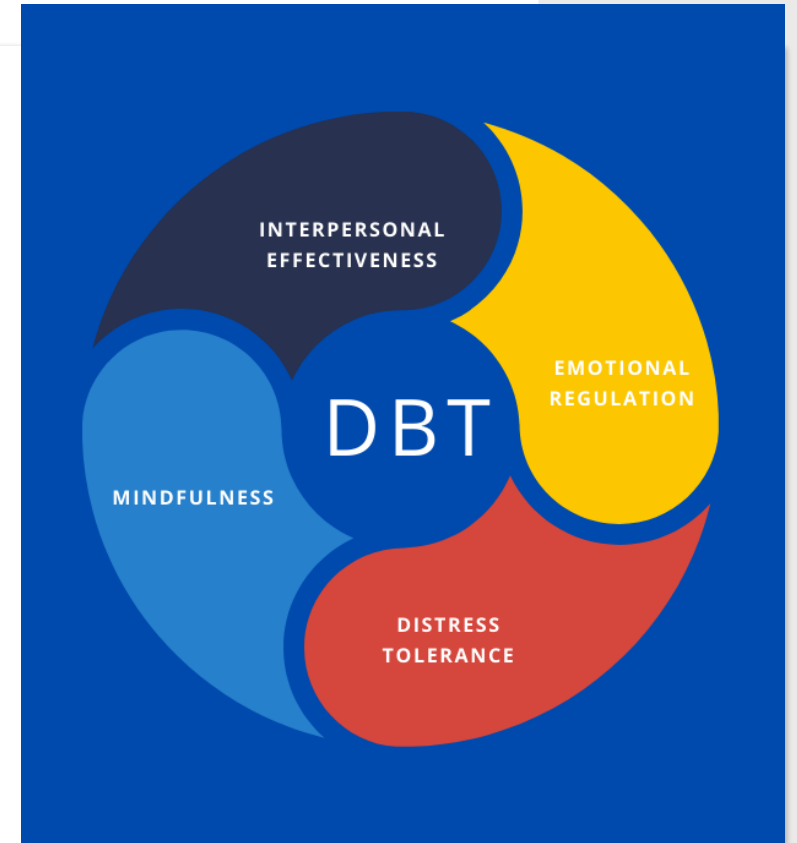
Topic #1: TIP & Self Sooth

Updated September, 2023



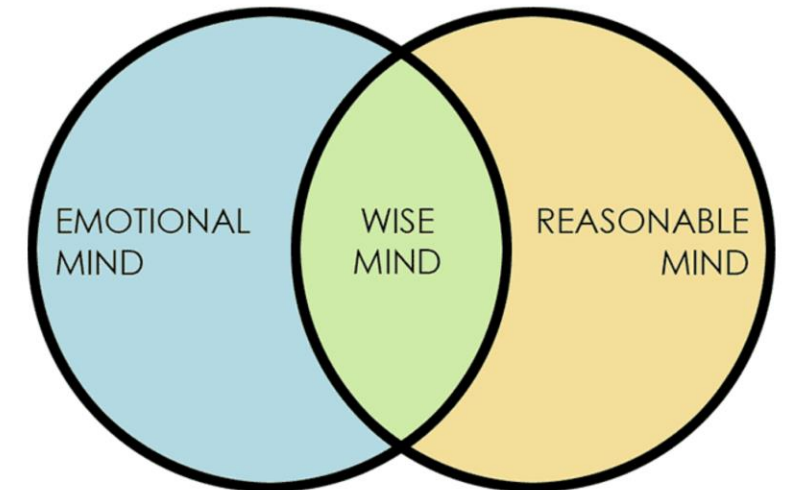
DBT

- 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

- Starting point is **Wise Mind**, between reasoning mind and emotional mind – at our best when we're able to access both and not be ruled by either
- 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



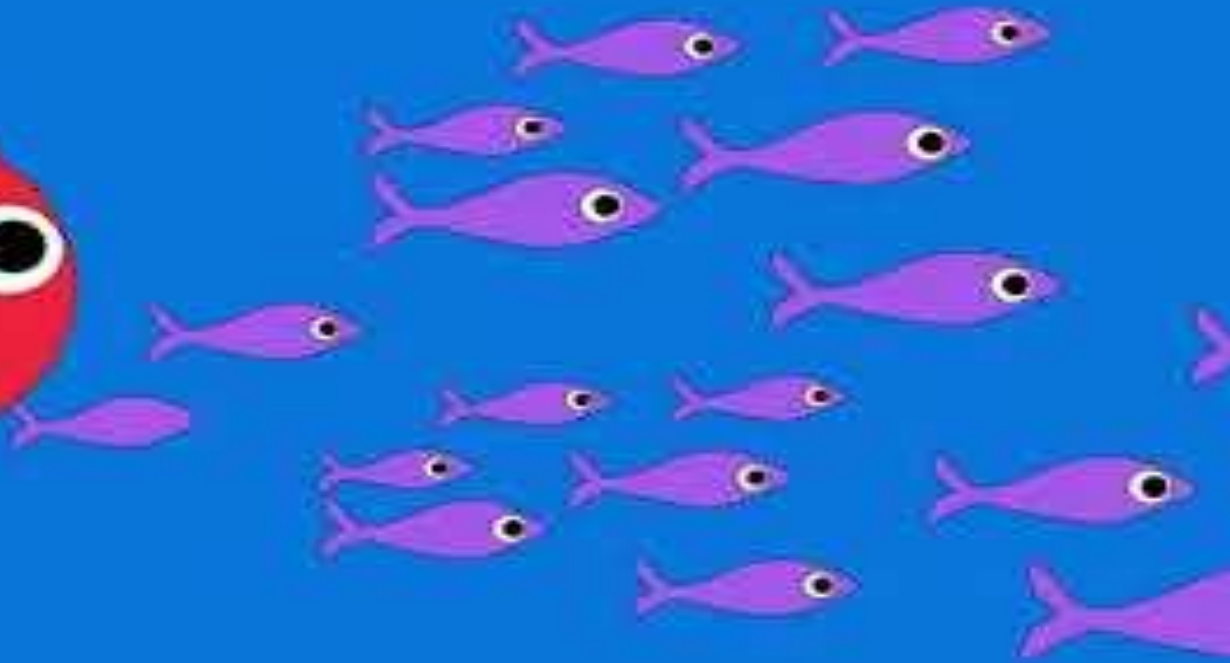
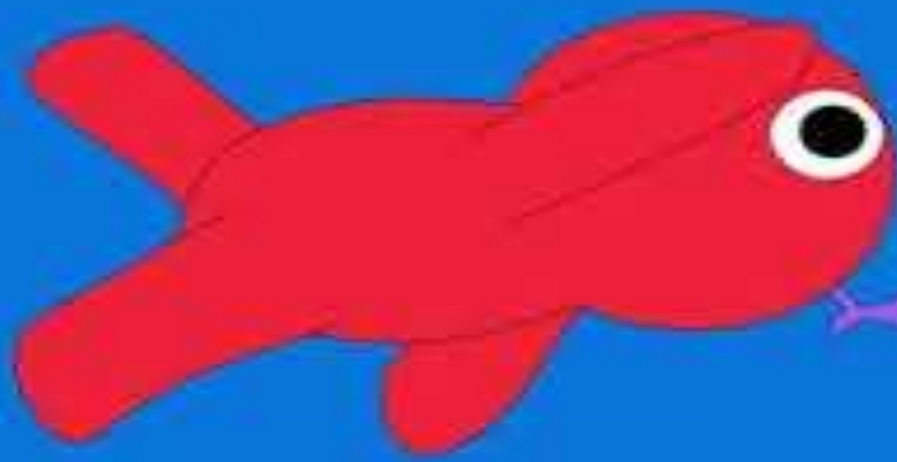
DISTRESS TOLERANCE SKILLS

Distress Tolerance: Allow us to survive an immediate emotional crisis without making it worse (Linehan, 2014).

- They also help us to *accept the reality* of the situation when we feel out of control because we cannot change the situation.
- Also help us cope with our feelings when *we don't know* exactly what we want or need in the moment

- ACCEPTS Skills
- **TIP(P) Skills**
- **Self-soothe Skills**
- IMPROVE Skills
- Pro-Cons Skills
- Problem Solving Skills
- Radical Acceptance Skills

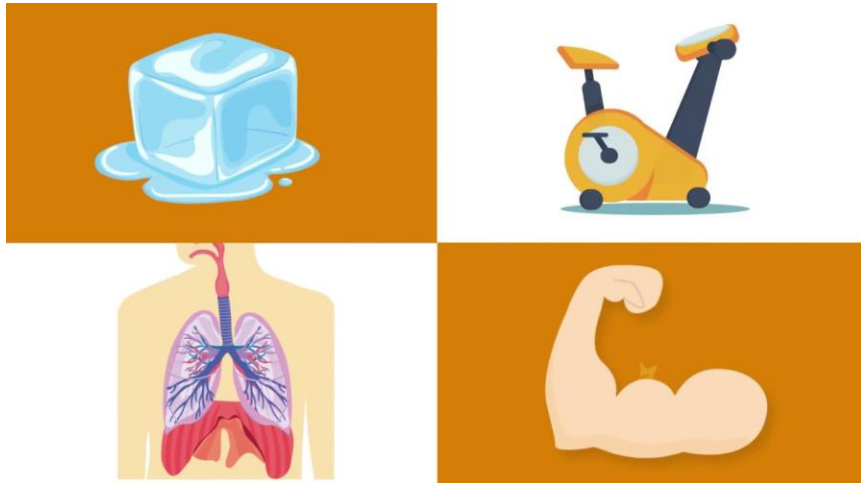
TEMPERATURE



Link for TIPP skills video

https://www.youtube.com/watch?v=UuvH_j9O0f4

TIPP skills



T – Temperature

I – Intense Exercise

P – Paced Breathing

P – Progressive/Paired Muscle Relaxation

Use: When your thinking & behaviors are controlled by your overwhelming emotions.

Intent: To change your body chemistry quickly in order to reduce the effects of the overwhelmed emotional mind.

TIPP SKILLS

Tip the Temperature - Tip the temperature of your face with ice water (to calm down fast). Hold your breath, put your face in a bowl of ice water, or hold an ice pack on your eyes and cheeks. Hold for 10 to 30 seconds.

Intense Exercise - To calm down your body when it is revved up by emotion). Engage in intense exercise, if only for a short while. Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

How does these help?

TIPP SKILLS

Paced Breathing - Pace your breathing by slowing it down. Breathe deeply into your belly. Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute). Breathe out more slowly than you breathe in (for example, 5 seconds in and 7 seconds out).

Progressive Muscle Relaxation – Relax the tense muscles in your body one area at a time. Example: Become aware of your muscles and the upper back and deliberately tighten them for five seconds. Then let go - you should feel the region loosening up. Keep doing this with your arms, your abdominal and back muscles, your bottom muscles, thighs and upper legs and calves.

How does these help?

SELF SOOTHE



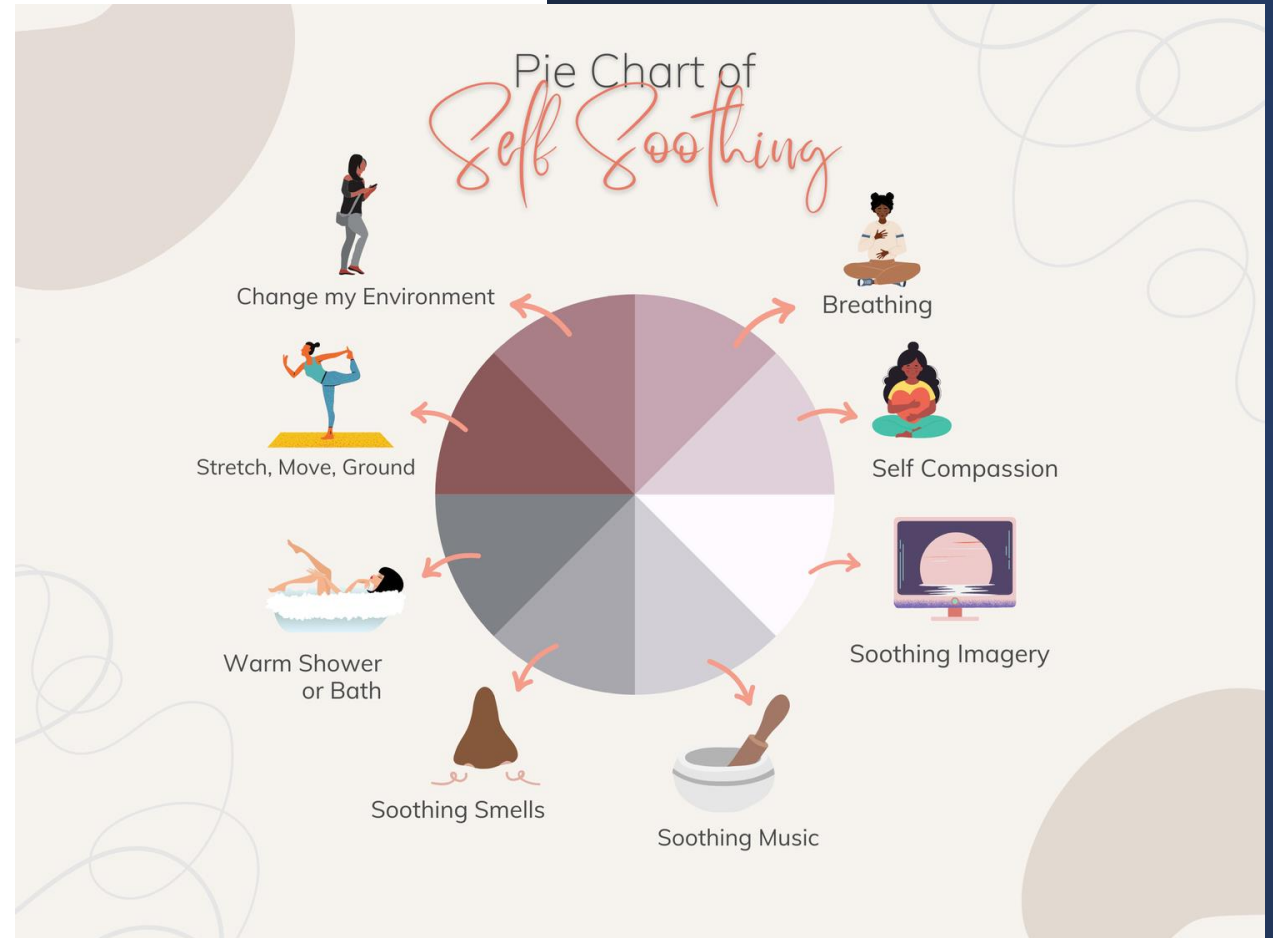
Link for Self Sooth skills video

https://www.youtube.com/watch?v=3H9NL_iN4F0

Self-Soothing Skills

Self-sooth skills involves doing things that feel pleasant, comforting, and provide relief from stress or pain. It helps to pass the time without making things worse.

NOTE: These may not always be considered long-term self-care activities, but they can help us return to our window of tolerance.



Self-Soothing Skills



Vision: Look for a beautiful sunrise or sunset, the stars at night, or pictures of these things. Look for beautiful photos of beaches or mountains or a beautiful flower. Look to nature all around you.



Hearing: Listen to music you enjoy. Listen for the breeze, or the trees in the breeze. Listen for birds or waves of the water.



Smell: Find a fragrance you enjoy, and smell fragrances around you. Smell a flower, or perfume, freshly cut grass, or the burning of wood in a fireplace.



Taste: Enjoy some of your favorite foods.



Touch: Apply moisturizer. Take a hot shower, or a long bath. Sit in the sun or shade and feel the warmth or cool of the breeze.

Activity

- 1) TIPP Skills: Write down the specific circumstances for when it may help you to employ TIPP (temperature, intense exercise, paced breathing, progressive muscle relaxation) skills – and then write the specific activities you'll do.**
- 2) Self-Soothing Skills: Write down a go-to self-soothing activity for each of the 5 senses (vision, hearing, smell, taste & touch).**