



**DBT**  
**Clinical**  
**Practice**

<b>Meta Skills</b>						
<b>Skill</b>	<b>Description</b>					
<b>Mindfulness</b>						
Effectively	<ul style="list-style-type: none"> <li>• Working to be as effective as we can in our lives.</li> <li>• Identifying what is more effective and avoiding less effective strategies and behaviors in our lives.</li> <li>• Avoiding judgmental words such as better, worse, good, or bad.</li> </ul>					
Wise Mind	<p>Balancing Rational Mind and Emotional Mind to create Wise Mind.</p> <p>We are able to be mindful and effective when we can have both Rational and Emotional Mind present in our experience. Be sure not to judge Rational Mind as good and Emotional Mind as bad. Neither is good or bad, just part of our experience in life.</p> <p>By being in Wise Mind, we are in balance and have all our senses, ways of knowing, and skills at our disposal to manage our lives effectively and to act in our best interests.</p>					
Nonjudgmental	<ul style="list-style-type: none"> <li>• Suspending evaluations about self and others.</li> <li>• Judging behavior as right or wrong, good or bad, but not judging the person engaging in the behavior. Behavior can generate natural consequences, but we don't label the person.</li> <li>• Describing things concretely, in nonjudgmental terms.</li> <li>• Liking or disliking things, while not judging ourselves or others.</li> <li>• Holding values that are beliefs or ethics, not judgments.</li> </ul>					
<b>Distress Tolerance</b>						
Radical Acceptance	<ul style="list-style-type: none"> <li>• Example: The Serenity Prayer</li> <li>• We have the ability to control our thoughts, feelings, and actions.</li> <li>• We may have limited control over what happens around us and what others do.</li> <li>• We can effectively focus our attention and energy on what we can control and change: ourselves.</li> </ul>					
<b>Emotions Regulation</b>						
MEDDSS	Mastery	Exercise	Diet	Drugs (Prescription)	Sleep	Spirituality
<b>Interpersonal Effectiveness</b>						
GIVE	Gentle	Interested	Validate	Easy Manner		
FAST	Fair to Self	Apologize Less	Stick to Values	Truthful with Self		
DEAR SELF	Describe	Encourage	Ask	Reinforce		
	Sometimes tolerating not getting my way	Experiencing the present moment mindfully, inside and outside my body	Listening skillfully to myself and others	Finding negotiation opportunities		

<b>Mindfulness</b>	
Be Mindful	Be mindful of using my skills, engaging in self-care, having healthy fun, and connecting to my support system.
Moment to Pause	Take a quick moment to check in with myself on the inside, outside & in my interactions.
Turtling	Take care of myself like a turtle. Retreat inside for safety sometimes, go slow and methodical, protect myself but don't be aggressive, be adaptive in a variety of situations, use my hard outer shell to let other's judgments roll off my back and get myself back in balance persistently.
<b>Distress Tolerance</b>	
Self Soothe First Aid Kit	Create a kit that is self-soothing and use it when needed.
Crisis Survival Network	Create a list people who support me and use it flexibly.
Half Smile	Find something in my day or life that I can have a genuine half smile about.
<b>Emotional Regulation</b>	
Lemonade	Refocusing my weaknesses so that they become strengths.
Ride the Wave	Image that I am riding the wave of my emotions & impulses while not acting on them.
Opposite to Emotions	Engage in the action that will bring the opposite emotion into my awareness to balance the distressing emotion.
<b>Interpersonal Effectiveness</b>	
Broken Record	Be a broken record with myself. Keep coming back to my needs.
Repairs	I can apologize, accept apologies and let some things go to be skillful in relationships.
Horsemen of the Apocalypse	Identify the most destructive things that I bring into my relationships. Be skillful to keep these things out of my relationships.

# Clinical Presentation

Client Data:

Usefulness of DBT's Areas of Emphasis

How will being more Mindful be helpful for your client:

How will your client benefit from having more Distress Tolerance:

In what ways will having more Emotion Regulation serve your client:

What are the advantages of your client being more effective in their relationships:

Meta Skills:

Secondary Skills:

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