



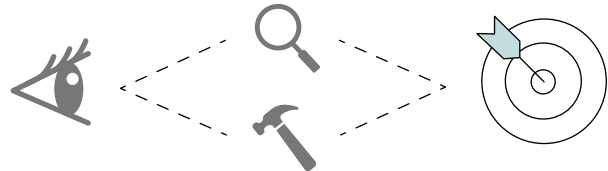


Dialectical Behavioral Therapy. A type of cognitive behavioral therapy mainly used to treat Borderline Personality Disorder (BPD).

Four Skill Modules:

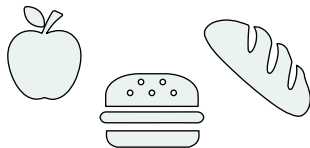
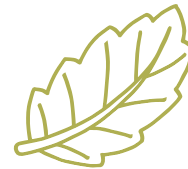
-  Mindfulness
-  Distress tolerance
-  Interpersonal effectiveness
-  Emotion regulation

Mindfulness Module. Cultivating the wise mind, “what” skills and “how” skills, observing, non-judging, being fully present, staying focused on your goals.



Five Mindfulness exercises from DBT:

Observe a leaf for five minutes. Pick up a leaf, hold it in your hand, give it your full attention for five minutes, notice colors / shape / texture / patterns.



Eat mindfully for four minutes. Pay attention to what you are holding, feel the weight and texture, notice the color and smell, and savor the taste.

Observe your thoughts for fifteen minutes. Lie back, release your tension, focus on your breathing, move your awareness to your body then your thoughts, resist the urge to label or judge your thoughts, then let them pass by.



Mindfulness bell exercise for five minutes. Close your eyes, listen for the bell, focus on the sound, continue concentrating until it fades completely.

Stare at the center. Focus on the center of the shifting pattern, let your mind wander, stay in the present, notice the thoughts that come into your head and let them pass by.

