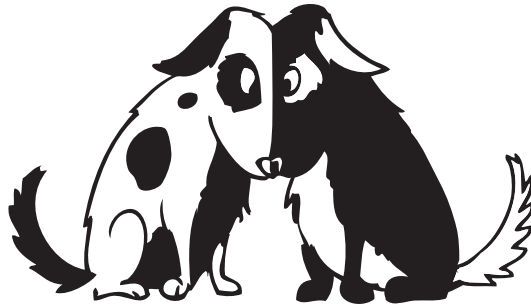


What Is Dialectical Behavior Therapy (DBT)?

- DBT is an effective treatment for people who have difficulty controlling their emotions and behaviors.
- DBT aims to replace problem behaviors with skillful behaviors.
- DBT skills help people experience a range of emotions without necessarily acting on those emotions.
- DBT skills help teens navigate relationships in their environment (family/school/peers).
- DBT helps people create a life worth living.

What Does “Dialectical” Mean?

Dialectical = two opposite ideas can be true at the same time, and when considered together, can create a new truth and a new way of viewing the situation. There is always more than one way to think about a situation.



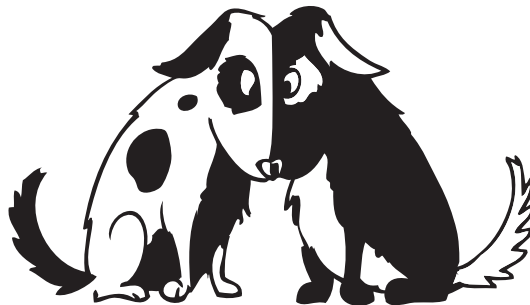
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Guidelines for the Adolescent Skills Training Group

1. Information obtained during sessions (including the names of other group members) must remain confidential.
2. People are not to come to sessions under the influence of drugs or alcohol.
3. People are not to discuss any risk behaviors with other group members outside of sessions. Participants do not tempt others to engage in problem behaviors.
4. Group members may not contact one another when in crisis and instead should contact their skills coach or therapist.
5. People may not form private (cliques, dating) relationships with one another while they are in skills training together.
6. People may not act in a mean or disrespectful manner toward other group members or leaders.

DBT Assumptions

1. People are doing the best they can.
2. People want to improve.
3. People need to do better, try harder, and be more motivated to change.
4. People may not have caused all of their own problems and they have to solve them anyway.
5. The lives of emotionally distressed teenagers and their families are painful as they are currently being lived.
6. Teens and families must learn and practice new behaviors in all the different situations in their lives (e.g., home, school, work, neighborhood).
7. There is no absolute truth.
8. Teens and their families cannot fail in DBT.



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DBT Contract

I am familiar with the theory, assumptions and format of DBT Skills Training.

I agree to participate in DBT Skills Training and complete all of the modules.

I will come to group on time with my materials and practice exercises. If I don't do the practice, I agree to do a behavioral analysis (so we understand what got in the way and can problem-solve for next time).

I am fully aware of the attendance policy, and if I exceed the allotted amount of absences, I understand that I will have dropped out of DBT Skills Training. (As a care giver, I am aware that the attendance policy applies to me as well.)

Client Signature _____ Date _____

Skills Trainer Signature _____ Date _____

Goals of Skills Training

Problems to Decrease

**1. REDUCED AWARENESS AND FOCUS;
CONFUSION ABOUT SELF**

(Not always aware of what you are feeling, why you get upset, or what your goals are, and/or have trouble staying focused)

2. EMOTIONAL DYSREGULATION

(Fast, intense mood changes with little control and/or steady negative emotional state; mood-dependent behaviors)

3. IMPULSIVITY

(Acting without thinking it all through; escaping or avoiding emotional experiences)

4. INTERPERSONAL PROBLEMS

(Pattern of difficulty keeping relationships steady, getting what you want, keeping self-respect; loneliness)

5. TEENAGER AND FAMILY CHALLENGES

(Extreme thinking, feeling, and acting; absence of flexibility; difficulty navigating family conflict or effectively influencing others' behaviors)

Behaviors to Increase

1. CORE MINDFULNESS SKILLS

2. EMOTION REGULATION SKILLS

3. DISTRESS TOLERANCE SKILLS

4. INTERPERSONAL EFFECTIVENESS

5. WALKING THE MIDDLE PATH SKILLS

PERSONAL GOALS:

Behaviors to Decrease

1. _____
2. _____
3. _____
4. _____
5. _____

Behaviors to Increase

1. _____
2. _____
3. _____
4. _____
5. _____

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Group Skills Class Orientation Checklist (post Week 1)

Purpose:

Review the items below during the orientation session when teens/parents enter Group Skills Training if after Week 1 of the Group Skills Class.

- Review materials (located in Downloadable Resources/Weekly Worksheets & Presentations/Week 1/Intro Session Sheets):
 - What is DBT?
 - DBT Guidelines for Skills Group (include Structure, HW Policy and Break Time)
 - DBT Assumptions
 - DBT Contract
 - Goals of Skills Training
- Explain what week the class is on
- Define distress tolerance kits and index cards to start building
- Teach 'I AM Aware Of' to prep for following week
- Answer any general questions about the program and structure (if any)