

Dialectical Behavior Therapy (DBT) Skills: Emotion Regulation

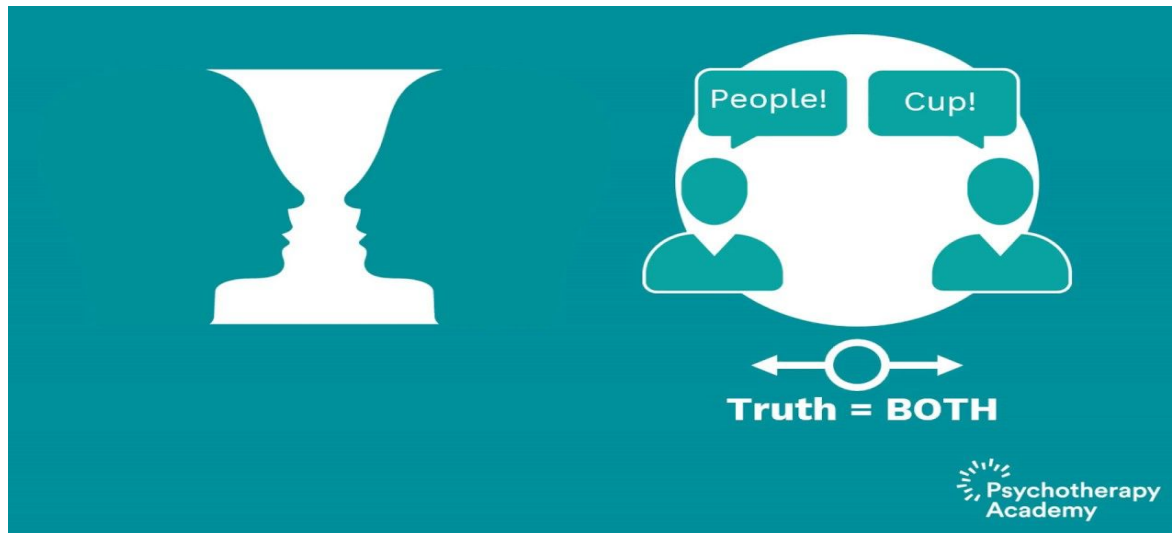
Darien Elementary Schools
03/24/2022

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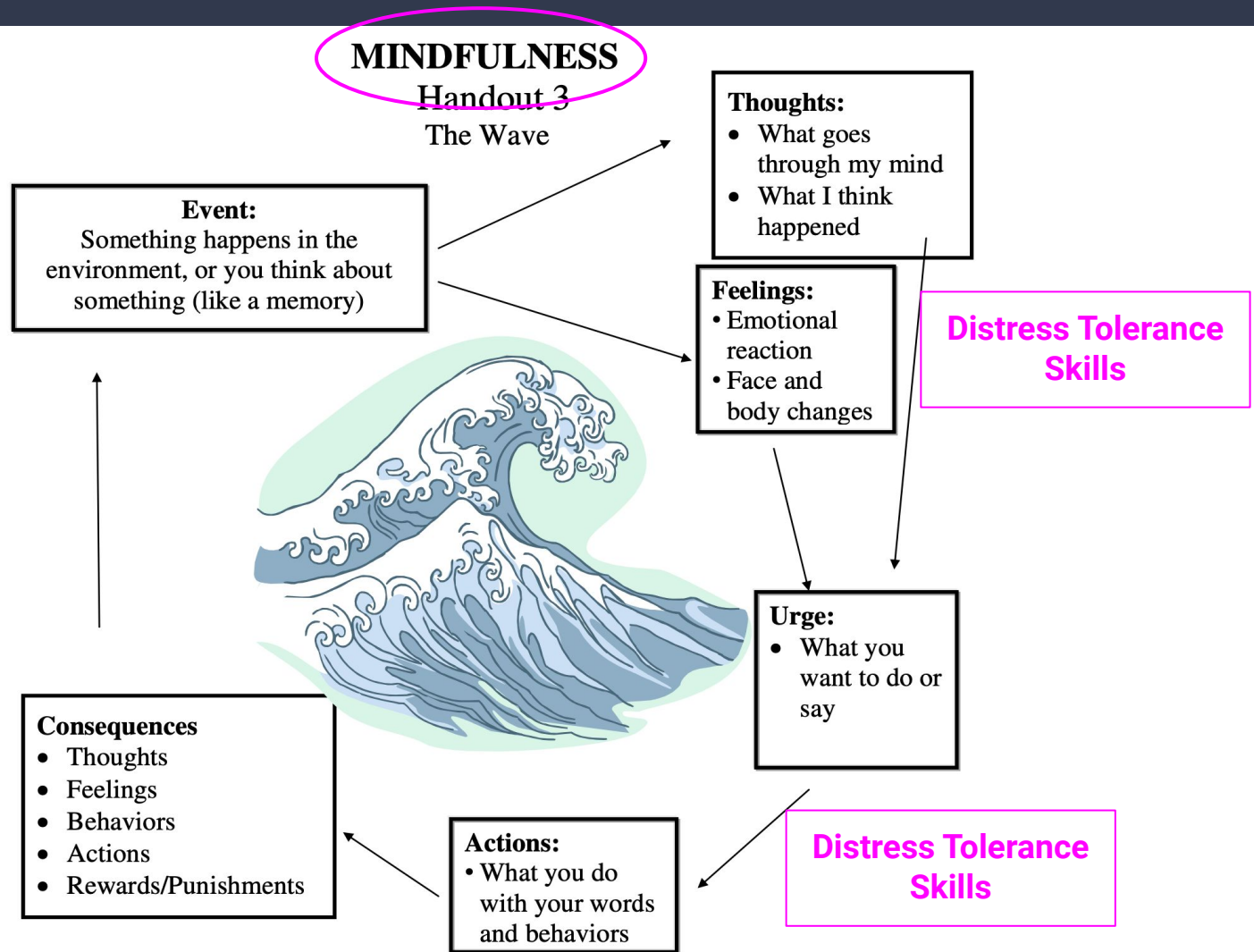


What is Dialectical Behavior Therapy (DBT)?

- Skills-based curriculum
- Balances acceptance and change
- Targets problems with emotions and behavioral dysregulation



Review: Wave Skill



Distress Tolerance Overview

- Need to use mindfulness to use distress tolerance skills effectively
- Help tolerate difficult situations when problems cannot be solved right away
- Help get through a situation without making it worse
- “Bandaid” skills
- TIPP & DISTRACT



Modeling and Practicing Skill Use: A-VCR Model

- A: Attend/Assess the situation
 - Attend to child's emotions
 - Attend to your own emotions if needed
 - Assess the situation
- V: Validate your child's emotions and self-validate your own
- C: Coach skill use
- R: Reinforce for skill use
 - Praise
 - High-five or hug

Matching Problems with Skills

Problems

- I. Confusion about yourself
- II. Impulsivity
- III. *Emotional instability*
- IV. Interpersonal Problems
 - I. Child and Family dilemmas

Skills

- I. Mindfulness
- II. Distress Tolerance
- III. *Emotion Regulation*
- IV. Interpersonal Effectiveness
- V. Walking the Middle Path

What is emotion dysregulation?

- Difficulty identifying, labeling, & naming emotions
- Difficulty noticing emotions at low intensities
- Difficulty not acting on emotion urges
- Difficulty controlling emotions and modulating their intensity
- Difficulty sitting with and tolerating aversive emotions
-

Goals of using emotion regulation skills

- Understand emotions we experience, notice and label emotions
- Understand what emotions do for us
- Reduce vulnerability to experiencing unwanted and big emotions
- Increase positive emotions
- Change unwanted or big emotions
- Have more stable emotions; fewer up's & down's

Name Them to Tame Them!

The first step to regulating emotions is noticing & naming them

HOW DO YOU FEEL?



Practice Naming Emotions

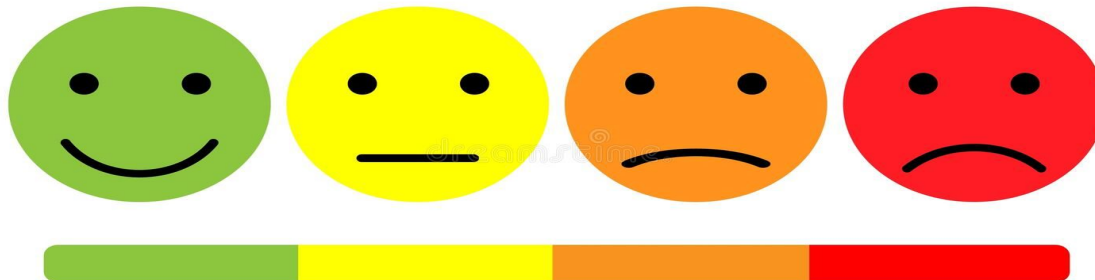
Today I felt _____ when _____.

- Practice naming emotions and describing when those emotions occurred
- Think: Wave Skill!
 - Thoughts: When I felt _____, I was thinking _____.
 - Physical sensations: When I felt _____, I felt _____ in my body.
 - Urges: When I felt _____, I wanted to _____.
 - Behaviors: When I felt _____, my behavior was _____.

Practice Naming Emotions: Example

Today I felt *anxious* when *I had to go to school*.

- Thoughts: When I felt *anxious*, I was thinking *no one will talk to me at school*.
- Physical sensations: When I felt *anxious*, I felt *butterflies in my stomach*.
- Urges: When I felt *anxious*, I wanted to *stay home*.
- Behaviors: When I felt *anxious*, my behavior was *took longer to get ready then went to school*.



PLEASE SKILLS

PLEASE SKILLS

Physical Health



Take care of your health and your body (brush your teeth, wash your hands, shower). Treat physical illness.

Eat Balanced Meals



Eat foods with vitamins and nutrients such as fruits, nuts, vegetables. Avoid fast foods/soda.

Avoid excessive technology time



Limit screen time and incorporate other forms of pleasant activities.

Sleep



Get a good night sleep. Got to bed on time! Be sure not to sleep too much or too little.

Exercise



Exercise every day. Do sports, go for walks, or run around the park when you play with friends.

Emotion Regulation: LAUGH Skills

LAUGH Skills

Let Go of Worries



When you are doing something fun, focus on what you are doing. If any worries come to mind, relax your body and tell yourself “Let it go” or picture putting your worry on a train and watch it leave the station.

Apply Yourself



Every day do at least one thing that makes you feel good about yourself or that takes a lot of effort. You’ll feel good about yourself when you finish!

Use Coping Skills



Have a plan for coping with difficult situations that may happen in the future. Have a coping kit ready.

Goal



Work on things you want to get better at like: basketball, math, friendships, dancing.

Have Fun



Do fun things that are possible now. Do at least one fun thing each day. Be mindful of fun experiences.



Emotion Regulation: Use Coping Skills

Emotion Regulation

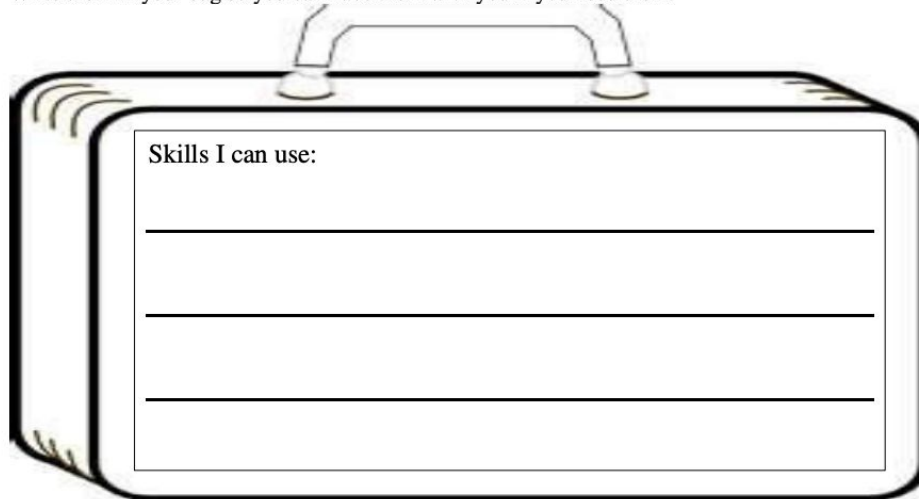
Handout 11

Pack Your Bags Ahead of Time (Cope Ahead Skill)

Before a big trip you have to pack your bags with the things you might need. If you're going somewhere warm you might bring a swimsuit, sunscreen, and sunglasses. . Prepare ahead and pack your bags by writing in what skills you can use when you get to that situation to help you get through it.

Describe a situation that often makes you feel upset (name the feeling _____):

When you know you are going to be in this annoying situation, what skills might help you? Write them in your bag so you can have them with you if you need them.



Pretend that you are in the upsetting situation right now.

Imagine all of the details and what it feels like as if it were happening right now. Picture yourself using your skills, what you are thinking and doing and how exactly you will use those skills.

Picture yourself being successful!

Emotion Regulation Skills Summary

- Practice identifying, labeling, and naming emotions
- Attend to factors that might contribute to our emotional vulnerability (PLEASE)
- Regularly engage in activities that will elicit feelings of joy, connection, and accomplishment (LAUGH)
- Identify coping skills that will be needed ahead of time



Thank you!

- Questions?
- To learn more about DBT or CBC, please visit cbc-psychology.com