

Allegany Rehabilitation Associates Personalized Recovery Oriented Services

Title of Service: DBT Skills Training (Dialectical Behavior Therapy)

PROS Service: CRS WSM Coping Skill Training

Total Number of Sessions: Approximately 25 Weeks

Duration of each session: 45 Minutes (Skill Training)
45 Minutes (Diary Card Processing/Skills Application)

Maximum number of participants: 12

Target population:

- **Diagnoses:** Borderline Personality Disorder, Traits of other personality disorders, PTSD, Bipolar Disorder, Major Depression, Anxiety Disorders, Substance Abuse Disorders and clients that have not responded to traditional or other treatment interventions.

- **Barriers to be overcome:**
 - Emotional dysregulation
 - Impulsivity
 - Difficulty controlling thoughts/identity development
 - Interpersonal problems
 - Behavioral dysregulation such as chronic suicidal ideation/gestures, substance abuse, self-harm etc.

Service Goal: To improve overall life functioning and satisfaction while decreasing problem behaviors so that participant can actively pursue selected life goal. This will be done through learning coping mechanisms to overcome above listed barriers.

Service Objectives:

1. Mindfulness Skills: Learning to be aware of and present in the current moment.
2. Distress Tolerance: Learning how to tolerate stress and not resorting to behavior that will make it worse.
3. Emotion Regulation: Learning how to gain control of emotions and manage them effectively.
4. Interpersonal Effectiveness: Learning to deal with conflict situations effectively

Sources:

Linehan, M (1993). Skills Training Manual for Treating Borderline Personality Disorder.

Josh Smith DBT Center Adapted Handouts

Moonshine, C (2008). Acquiring Competency and Achieving Proficiency with Dialectical Behavior Therapy: Volume II The Worksheets.

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Personalized Recovery Oriented Services**

Weekly Group Format

1. Always begin with a brief Mindfulness activity.
2. The first 45 minute session (DBT Skills) is dedicated to skills training. The *Skills Training Manual for Treating Borderline Personality Disorder* has session-by-session outlines for psychosocial skills training beginning on page 59. Follow this format as it includes good examples of how to explain skills as well as group activities. Cathy Moonshine handouts are good supplements to break down the material further.
3. The second 45 minute session (DBT Process) is dedicated to the back side of the participant's diary card. Weekly completion of the skills log is required. Each participant is encouraged to share their success or difficulties with skill utilization. Participants are not to go into detail about the event that occurred, but rather describe how they used a DBT skill. This is a good opportunity for participants to get feedback from others on how to use the skill more effectively. Review any other homework during this time frame. Skills application activities will also occur during this session.
4. Always end with a brief Mindfulness activity.

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 1

Duration: 45 Minutes

Service Objective(s): Introduction to Dialectical Behavioral Therapy

Handouts:

- Goals of Skills Training (Linehan pg.107).
- What are Dialectics? (Moonshine pg. 39).
- DBT Assumptions

Activities for DBT Skills Session:

- Review goals of DBT
- Brief overview of the four skill modules
- Discuss DBT assumptions

Activities for DBT Process Session:

- Introduce the DBT Diary Card and explain how it will be use in upcoming group sessions. Participants will be required to complete this weekly.

Homework: Have participants identify which behaviors they would like to increase or decrease and be prepared to discuss at next week's skills group.

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 2

Duration: 45 minutes

Service Objective(s): Mindfulness Skills:

Handouts:

- Mindfulness Handout (Moonshine pg. 80)
- Mindfulness Handout 1 (Linehan pg. 109)

Activities for DBT Skills Session:

Introduce participants to the skill of Mindfulness (Moonshine pg. 80). Discuss the following concepts with participants:

- Taking Hold of Your Mind: Primary States of Mind (Mindfulness HO 1)
- Practice mindfulness activity of “Square Breathing” (Moonshine pg. 82).

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Practice identifying your primary states of mind.
- Practice square breathing at least twice per day
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 3

Duration: 45 minutes

Service Objective(s): Mindfulness Skills: Observe

Handouts:

- Mindfulness Handout 2 (Linehan pg. 111)

Activities for DBT Skills Session:

- Introduce the concept of Mindfulness What Skills
 - Define judgments and the impact judgments can have on mental health symptoms, emotions, thoughts and interactions with others.
 - Observe: Have participants practice observing by noticing what is going on inside them (sensations and thoughts), letting go of all judgments.
 - Have participants identify the benefits of being able to observe thoughts, emotions and situations without judgments.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Practice the observe skills at least one time per day.
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 4

Duration: 45 minutes

Service Objective(s): Mindfulness Skills: Describe

Handouts:

- Mindfulness Handout 2 (Linehan pg. 111)

Activities for DBT Skills Session:

- Review the concept of Mindfulness What Skills
 - Teach participants the difference between describing “just the facts” vs. using judgments to explain observe.
 - Have participants practice describing by doing a one-minute mindfulness activity which requires them to pick an object in the room to observe and describe.
 - Have participants identify the benefits of being able to use the describe skill as opposed to judgments.
 - Have participants identify times when judgments caused them to engage in ineffective behavior or caused them to become emotionally dysregulated.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Purposefully practice the describe skill at least one time per day.
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 5

Duration: 45 minutes

Service Objective(s): Mindfulness Skills: Participate

Handouts:

- Mindfulness Handout 2 (Linehan pg. 111)
- Core Mindfulness Handout 4 Participate (Josh Smith Adapted Handout)
- Participate Handout (Moonshine pg. 87).

Activities for DBT Skills Session:

- Review the concept of Mindfulness What Skills
 - Teach participants the purpose of “participating”-throwing yourself into something. It is spontaneous behavior to a certain extent, but must be done mindfully.
 - Describe to participants how the Observe and Describe skill are essential in being able to fully “participate” in the moment.
 - **Group Activity:** “Throwing Noise” Have each person find a partner. Partners take turns throwing and receiving a noise from one another. Afterward, have participants share struggles and successes with not “judging” themselves or others. Have participants identify how their judgments or un-mindfulness made it difficult to complete the activity.
 - Have participants relate this activity to their life role goals.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Purposefully practice using observe, describe and participate with daily living activities such as showering, dishes, exercising etc.
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 6

Duration: 45 minutes

Service Objective(s): Mindfulness “How” Skills: Non-Judgmental Stance

Handouts:

- Mindfulness Handout 3 (Linehan pg. 113)
- Non-Judgmental Handout (Moonshine pg. 102-103).

Activities for DBT Skills Session:

- Discuss the goal of using a non-judgmental stance when observing, describing or participating.
- Have participants identify the PROS and CONS of using judgments about themselves and others. How does this impact their ability to work toward their life role goal?
- Have participants identify situations where judgments have been problematic for them.
- Have participant’s complete pg. 103 to identify judgments they have about themselves and others. Discuss.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Practice 5 minutes of mindful activity daily
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 7

Duration: 45 minutes

Service Objective(s): Mindfulness “How” Skills: One-Mindfully and Effectively

Handouts:

- Mindfulness Handout 3 (Linehan pg. 113)
- Effectively and Be Mindful Handouts (Moonshine pg. 98-99).
- Mindfulness Skills Word Search and Crossword Puzzle (Moonshine pg. 104-107)

Activities for DBT Skills Session:

- Discuss the concepts of One-Mindful and Effective Skills
- Discuss the problems with multi-tasking in some situations. Elicit examples of when it would be helpful to focus on one task/activity/problem at a time.
- Being effective: Doing what works as opposed to “Cutting your nose off to spite your face.”
- Complete page 98 to help participants identify ineffective and effective strategies they use to accomplish their goals.
- Complete page 99 to help participants identify specific problem areas or tasks when it would be helpful to approach one mindfully.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Complete Mindfulness Word Search and Crossword Puzzle as Mindfulness Activities
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 8

Duration: 45 minutes

Service Objective(s): Distress Tolerance: Learning how to tolerate stress and not resorting to behavior that will make it worse.

Handouts:

- Distress Tolerance Handout 1 (Moonshine pg. 112)
- ACCEPTS Handouts (Moonshine pg. 122-123).

Activities for DBT Skills Session:

- Orient participants to the goal of Distress Tolerance Skills
 - Skills for tolerating and surviving crises
 - Skills for accepting life as it is in the moment(Linehan's Skills outline on pg. 97 gives good pointers on this overview)
- Introduce the DISTRACT skill utilizing the acronym "ACCEPTS"
- Have participants identify the PROS and CONS of using this skill
- Complete page pg. 122-123 and have participants create their own distraction plans.
- Have participants identify how this skill could be useful in their life role goal environment.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 9

Duration: 45 minutes

Service Objective(s): Distress Tolerance: Learning how to tolerate stress and not resorting to behavior that will make it worse.

Handouts:

- Distress Tolerance Skills: Self Sooth (Moonshine pg. 116-117)

Activities for DBT Skills Session:

- Orient participants to the goal of Self-Soothe Skills
 - Comforting, nurturing and being kind to oneself
(Linehan's Skills outline on pg. 98-99 gives good pointers on this overview)
- Discuss the conflict between being able to self-soothe vs. finding ways for other's to soothe us. (PROS and CONS of this dynamic)
- Discuss the 5 senses on page 116.
- Have participant's complete worksheet on pg. 117 and create their own self-soothe plan.
- Have participants identify how this skill could be useful in their life role goal environment.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card
- Practice Self-Soothing at least 3 times within the next week.

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 10

Duration: 45 minutes

Service Objective(s): Distress Tolerance: Learning how to tolerate stress and not resorting to behavior that will make it worse.

Handouts:

- Distress Tolerance Skills: IMPROVE Skill (Moonshine pg. 124-125)

Activities for DBT Skills Session:

- Orient participants to the goal of IMPROVE Skills
 - Replacing immediate negative events with more positive ones.
 - Changing appraisals of oneself or the situation(Linehan's Skills outline on pg. 99 gives good pointers on this overview)
- Discuss each skill individually and giving specific examples of each.
- Have participant's complete worksheet on pg. 125 and create their own IMPROVE the moment plan.
- Have participants identify how this skill could be useful in their life role goal environment.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card
- Practice Self-Soothing at least 3 times within the next week.

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 11

Duration: 45 minutes

Service Objective(s): Distress Tolerance: Learning how to tolerate stress and not resorting to behavior that will make it worse.

Handouts:

- Distress Tolerance Skills: PROS and CONS (Moonshine pg. 113)
- Willingness vs. Willfulness (Moonshine pg. 115)

Activities for DBT Skills Session:

- Orient participants to the goal of using PROS and CONS to deescalate a situation.
- Have participant's complete worksheet pg. 113 to generate answers to PROS and CONS of tolerating or not tolerating drama and stress.
- Introduce concept of willingness vs. willfulness.
- Have participant's complete worksheet on pg. 115 and have them identify behaviors that are "willing" toward reality.
- Have participants identify how these skills could be useful in their life role goal environment.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 12

Duration: 45 minutes

Service Objective(s): Distress Tolerance: Learning how to tolerate stress and not resorting to behavior that will make it worse.

Handouts:

- Radical Acceptance (Moonshine pg. 135-135)

Activities for DBT Skills Session:

- Orient participants to the concept of Radical Acceptance
 - Letting go of fighting reality
 - Have participants identify a situation or emotion they are currently having a difficult time with accepting.
- Have participant's complete worksheet pg. 134 to identify strategies to use to let go of things beyond their control.
- Have participants complete worksheet pg. 135 to identify barriers/obstacles to using Radical Acceptance effectively and to develop strategies to overcome these barriers.
- Have participants identify how these skills could be useful in their life role goal environment.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

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Title of Service: DBT Skills

Session: 13

Duration: 45 minutes

Service Objective(s): Emotion Regulation: Learning how to gain control of emotions and manage them effectively.

Handouts:

- Goals of Emotion Regulation Training (Linehan pg. 135).
- Myths About Emotions (Linehan pg. 136)

Activities for DBT Skills Session:

- Orient participants to goal of emotion regulation skills:
 - Understanding one's own emotions
 - Reducing emotional vulnerability
 - Decrease emotional suffering
- Have participant's identify the role emotion's play in people lives (positive and negative)
- Have emotion's interfered with obtaining their life role goals?
- Have participants complete handout pg. 136 to Discuss Myths About Emotions
 - Encourage participants to challenge their perceptions of emotions.
- Have participants identify why they would like to learn to manage their emotions.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 14

Duration: 45 minutes

Service Objective(s): Emotion Regulation: Learning how to gain control of emotions and manage them effectively.

Handouts:

- Emotion Regulation Handout 3-Model for describing emotions. (Linehan pg. 137).
- Emotion Regulation Handout 4- Ways to describe emotions. (Linehan pg. 139-152)
- Emotion Regulation Homework Sheet 1: Observing and Describing Emotions pg. 162

Activities for DBT Skills Session:

- Orient participants to the model for describing emotions:
 - Prompting event
 - Interpretations
 - Body changes/sensing
 - Body language
 - Action urges
 - Actions
 - Aftereffects
- Educate participant's on the nature of how people experience emotions
- Educate participant's about learning to "intervene" by learning to observe and describe emotions before acting upon them.
- Have impulsively acting upon emotion's interfered with obtaining their life role goals?
- Distribute Handout 4 to give participants examples of how to observe and describe emotions.
- Distribute Homework Sheet 1 to practice the skill learned today. Finish handout at home and bring back next week.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card
- Complete Homework Sheet 1 "Observing and Describing Emotions." pg. 162

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 15

Duration: 45 minutes

Service Objective(s): Emotion Regulation: Learning how to gain control of emotions and manage them effectively.

Handouts:

- Emotion Regulation Handout 5-What good are emotions?. (Linehan pg. 153).
- Emotion Regulation Handout 6- Reducing vulnerability to negative emotions: How to stay out of the emotion mind. (Linehan pg. 154).
- Emotion Regulation Homework Sheet 1: Observing and Describing Emotions pg. 162

Activities for DBT Skills Session:

- Review homework from last session.
- Orient participants to the function of emotions:
 - Communicating and Influencing others
 - Organizing and motivating action
 - Self-validation
- What is emotional vulnerability?
- Identify steps/methods to reduce emotional vulnerability:
 - PLEASE MASTER Skill
- Have participants identify how reducing emotional vulnerability can impact their life role goal.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 16

Duration: 45 minutes

Service Objective(s): Emotion Regulation: Learning how to gain control of emotions and manage them effectively.

Handouts:

- Emotion Regulation Handout 7-Steps for Increasing Positive Emotions (Linehan pg. 155).
- Emotion Regulation Handout 8- Adult Pleasant Events Schedule (Linehan pg. 157).
- Emotion Regulation Homework Sheet 1: Observing and Describing Emotions pg. 162

Activities for DBT Skills Session:

- Orient participants to the concept of Increasing Positive Emotions and the purpose of doing so
 - Short term and long term positives
 - Being mindful of positive experiences
 - Being unmindful of worries
- Distribute the Adult Pleasant Events Schedule:
 - Have participants circle events they are already doing
 - Have participants circle events they would like to try in the upcoming weeks
 - Have participants identify barriers to them participating in positive/pleasant events.
- Have participants identify how accumulating positive emotions/events can impact their life role goal.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 17

Duration: 45 minutes

Service Objective(s): Emotion Regulation: Learning how to gain control of emotions and manage them effectively.

Handouts:

- Emotion Regulation Handout 9-Letting Go of Emotional Suffering (Linehan pg. 160)

Activities for DBT Skills Session:

- Orient participants to the concept of learning to distance themselves from emotions in efforts to figure things and to enhance problem solving skills.
 - Describe the steps to help “let go” of emotions
 - Discuss “radical acceptance” utilizing the Dandelion story on pg. 94 of the skills training manual.
 - Have participants discuss examples of emotions/situations they need to let go of

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 18

Duration: 45 minutes

Service Objective(s): Emotion Regulation: Learning how to gain control of emotions and manage them effectively.

Handouts:

- Emotion Regulation Handout 10-Changing Emotions by Acting Opposite to the Current Emotion (Linehan pg. 161)

Activities for DBT Skills Session:

- Orient participants to the concept of acting/behaving opposite to what our emotions urge us to do
 - Approaching vs. avoiding emotions
 - Example: Do what you are afraid to do
 - Discuss the importance of the Mindfulness Participate Skill when trying to use Action Opposite Emotion

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills

Session: 19

Duration: 45 minutes

Service Objective(s): Interpersonal Effectiveness: Learning to deal with conflict situations effectively

Handouts:

- Interpersonal Effectiveness Handout 1 (pg. 115)

Activities for DBT Skills Session:

- Introduce the purpose of interpersonal effectiveness skills
- Review situations for Interpersonal Effectiveness (IE HO 1)
 - Attending to Relationships
 - Balancing priorities and vs. demands
 - Balancing the wants-to-should
 - Building mastery and self-respect

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Interpersonal Effectiveness

Session: 20

Duration: 45 minutes

- **Service Objective(s):** Interpersonal Effectiveness: Learning to deal with conflict situations effectively and increase understanding of 3 major goals of interpersonal effectiveness

Handouts:

- Interpersonal Effectiveness Handout 2 (pg. 116)
- Interpersonal Effectiveness Homework Sheet 1: Goals and Priorities in Interpersonal Situations (pg. 129).

Activities for DBT Skills Session:

- Orient participants to the Goals of Interpersonal Effectiveness
 - Objectives Effectiveness: Getting your objectives or goals in a situation
 - Relationship Effectiveness: Getting or keeping a good relationship
 - Self-Respect Effectiveness: Getting or keeping a good relationship
- Have participants give examples of when interactions with others went well when they had an objective in mind.
- Have participant's identify how prioritizing objectives could help them achieve their life role goal.

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Interpersonal Effectiveness Homework Sheet 1: Goals and Priorities in Interpersonal Situations (pg. 129).
- Record attempts to utilize skills on diary card

**Allegany Rehabilitation Associates
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Title of Service: DBT Skills Training

Session: 21

Duration: 45 minutes

Service Objective(s): Interpersonal Effectiveness: Learning to deal with conflict situations effectively and overcoming barriers to having effective communication in relationships

Handouts:

- Interpersonal Effectiveness Handout 3 (Linehan pg. 117)
- Interpersonal Effectiveness Homework Sheet 2 (Linehan pg. 130)

Activities for DBT Skills Session:

- Review homework from last week
- Describe and discuss factors reducing interpersonal effectiveness:
 - Lack of skill
 - Worry Thoughts
 - Emotions
 - Indecision
 - Environment
- How have these skill deficits interfered with attaining your life role goal?
- How are these deficits enhanced by mental health symptoms?

Activities for DBT Process Session:

- Have participants review completed diary cards.
- Inquire about skills used successfully to manage difficult emotions or urges.
- Inquire about difficulty using skills to manage difficult emotions or urges.
- Use the group process to assist the participant in finding alternate ways to use the skill attempted or to find a different skill to try in this situation next time.

Homework:

- Interpersonal Effectiveness Homework Sheet 2: Observing and Describing Interpersonal Situations.