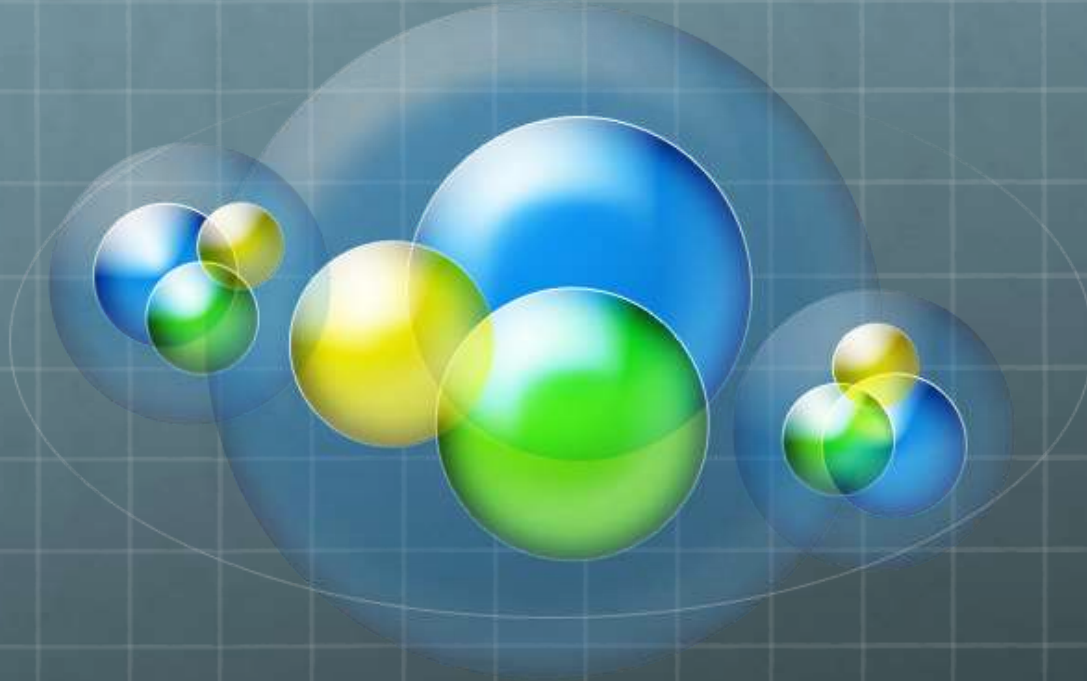


UNC School of Social Work Clinical Lecture Series



The DBT Skills

presented by Kristin Webb, PsyD

March 27, 2015

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Our Agenda

 Mindfulness

 Business

 Homework

 Skills





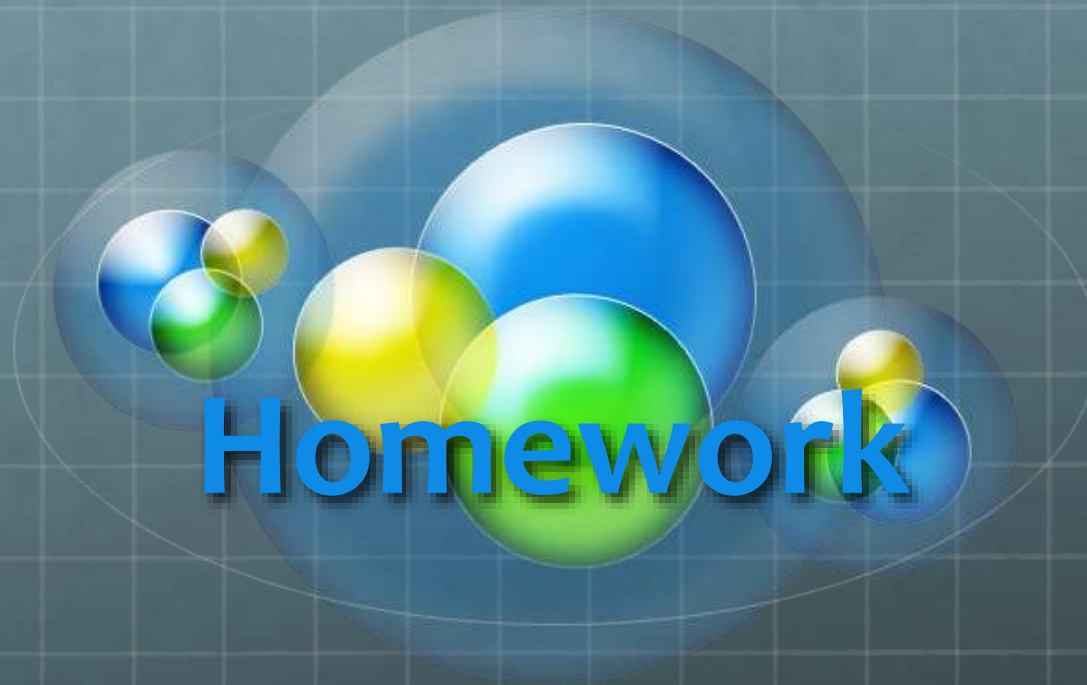
After today, what can I do with my DBT knowledge?

Role of the Individual DBT Therapist

- Provide individual DBT therapy
 - Get the commitment to DBT
 - Diary cards
 - Skills coaching phone calls
- Deal with crises
- Identify the target behaviors (TB)
- Respond to SI, NSSIB, and TBs by using Behavior Chain Analysis
- Be on a DBT consultation team

Role of the DBT Group Therapist

- Teacher
- Consultant to the individual DBT therapist
- DBT group therapist does not:
 - Provide therapy
 - Offer skills coaching outside of class
 - Take messages to the individual therapist



Who wants to tell us about DBT, and what do you want us to know?

A Brief History of DBT

- 🌐 Designed by Marsha Linehan, Ph.D., 1980s and 90s
- 🌐 Designed for suicidal and self-harming patients with Borderline Personality Disorder
- 🌐 Theoretical underpinnings include cognitive, behavioral, client-centered, and Zen orientations
- 🌐 Useful for anyone who is emotionally sensitive, with multiple, chronic, severe, and difficult-to-treat problems, on Axis I and/or Axis II

- 🌐 Cognitive-Behavioral Treatment of Borderline Personality Disorder published 1993, along with accompanying skills training manual
- 🌐 Behavioral Tech (behavioraltech.org) and the Linehan Institute are her research, treatment, and training entities
- 🌐 Additional research has been conducted on DBT with teens, families, people with substance abuse, the depressed elderly, and those with eating disorders, as well as more recent research on Stage 2 of treatment
- 🌐 Revised/updated skills training manual published November, 2014

Why DBT?

“To learn and refine skills in changing behavioral, emotional, and thinking patterns associated with problems in living that are causing misery and distress.” (Linehan, 1993)

- 🌐 **Dialectical**: the tension between two opposites, e.g., acceptance and change
- 🌐 **Behavior**: DBT teaches people skills they need and may not have, to help them live more effectively
- 🌐 **Therapy**: Treatment is both individual, with a DBT-trained therapist, and group, in a weekly skills class. The ability of both individual and group therapists to combine warmth, nurturing, and validation with absolute insistence upon learning and applying the skills so that the patient's treatment goals can be met, cannot be overstated

The goal of DBT

The ultimate goal of DBT is to help the person have a life worth living.



The Problem Hierarchy

- 🌐 DBT has four stages of treatment
- 🌐 Stage 1: Severe Behavioral Dyscontrol

When the house is burning down, the thing to do is to put the fire out. Later we can investigate why it got started, if we want.





- 🌐 **Stage 2 - Quiet desperation.** Here is where uncovering and insight-oriented work takes place to move the person to emotional experiencing
- 🌐 **Stage 3 - Problems in living.** Help the person achieve ordinary happiness and unhappiness
- 🌐 **Stage 4 - Incompleteness.** Help the person develop the capacity for living joyously, free of the past



Assumption: Because of emotional vulnerability (biological) plus the invalidating environment (social), the emotionally sensitive person does not have these skills





Rational (Reason) Mind

- Rational thinking
- Logical, concrete
- Planning, organizing, evaluating
- Problem-solving
- Cool-headed
- Unflappable
- Total absence of emotions
- Sgt. Joe Friday, Spock, or Data





Emotion Mind

- 🌐 Emotions are in control of thoughts and behaviors
- 🌐 Hot-headed
- 🌐 Fly off the handle
- 🌐 Artistic temperament
- 🌐 A sports car: 0 - 60 in < 2 seconds

Body Mind

-  **Body sensations**
-  **What do you feel in your body?**
-  **Where do you feel it?**
-  **What do you notice, what clues are there?**

Wise Mind

-  Joining emotion and rational mind (and body mind) to form something deeper and higher
-  Your 'gut' or intuition
-  Point of balance in your thinking
-  Your 'third eye'



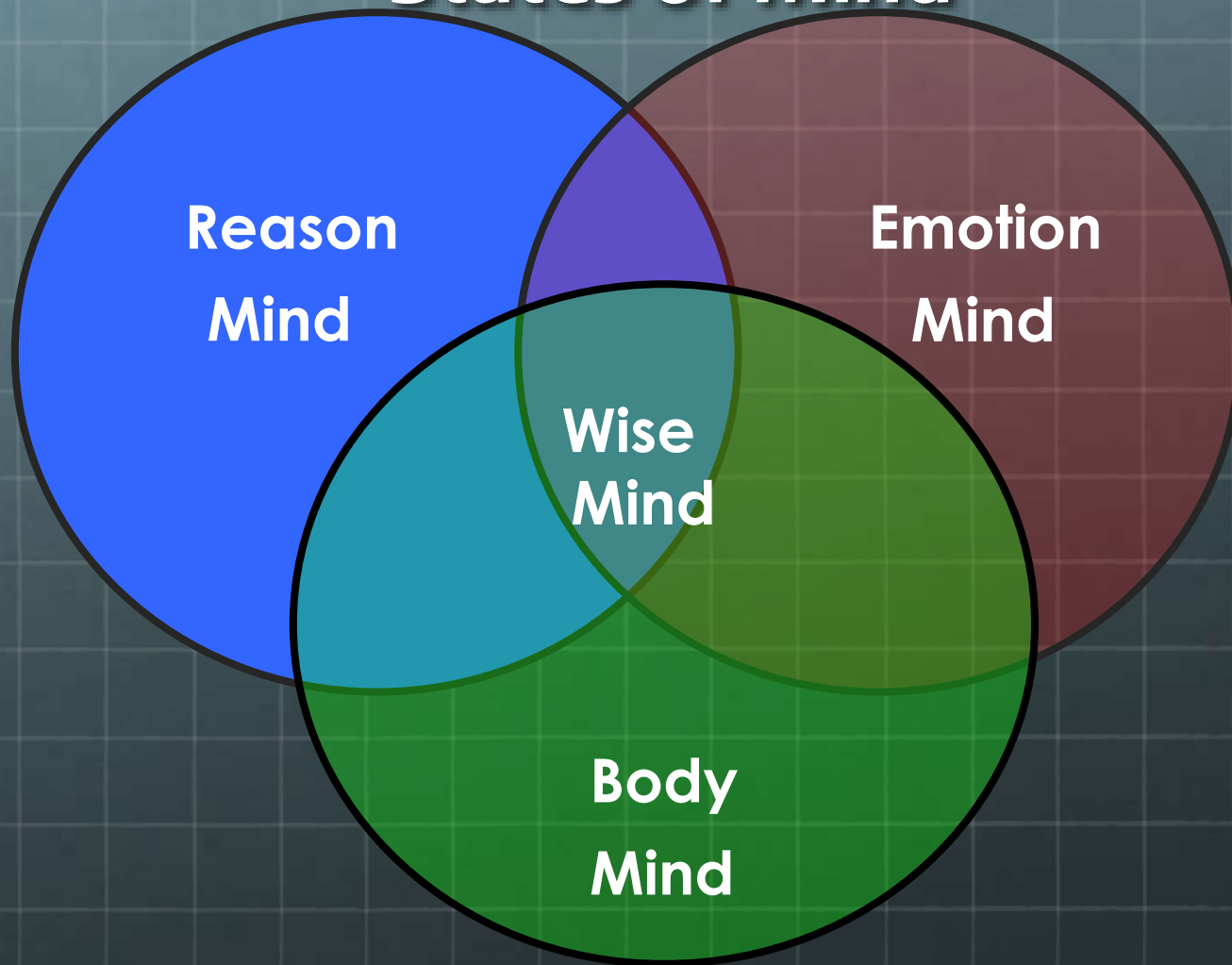
When skillful, we are in Wise Mind. Wise Mind is the place where Emotion Mind, Rational Mind, and Body Mind intersect.

How Do I Know It's Wise Mind?

- 🌐 Is the feeling passionate or moderated?
- 🌐 Is there a balance between emotions and reason?
- 🌐 Does the decision have staying power?
- 🌐 What is your breathing like?

**Wouldn't it be nice to be in
Wise Mind all the time?**

States of Mind



So what the heck are these skills, anyway?

- Core Mindfulness (to decrease cognitive dysregulation)
- Interpersonal Effectiveness (to decrease interpersonal chaos)
- Emotional Regulation (to decrease affective lability)
- Distress Tolerance (to decrease impulsivity and mood-dependent behaviors)

Core Mindfulness



Problems:



Avoidance of discomfort produces maladaptive behaviors



Sense of internal emptiness



Feeling overwhelmed



Believing that with enough effort one can get what one wants









Despair that life isn't fair

Core Mindfulness

- Goals of the module:
 - To learn to observe one's thoughts, feelings, and body sensations without reacting to them
 - To cultivate a non-judgmental stance
 - To participate in life with awareness, because participation without awareness is characteristic of impulsive and mood-dependent behaviors
 - To approach, not avoid

Core Mindfulness Skills

-  Observe
-  Describe
-  Participate
-  One-mindfully
-  Non-judgmentally
-  Effectively

“What (to do)” Skills

- 🌐 **Observe** (just notice)
- 🌐 **Describe** (put words on)
- 🌐 **Participate** (comes in handy when you’ re doing something you don’ t want to do)

“How (to do it)” Skills

- 🌐 **One-mindfully** (just this one thing, for just this one moment)
- 🌐 **Non-judgmentally** (neither good nor bad)
- 🌐 **Effectively** (focus on what works)

Non-judgmentally



Non-judgmentally



Non-judgmentally



Non-judgmentally



Effectively



Mindfulness





- 🌐 Being 'full of mind'
- 🌐 A state, an attitude, a perspective
- 🌐 Being fully in the current moment
- 🌐 A way of paying attention
- 🌐 A way of finding your center or balance
- 🌐 A lampshade to direct your attention

Mindfulness is not a destination. It's a walk. It's an opportunity to see what your mind does.



Interpersonal Effectiveness

Problems:

-  Chaotic interpersonal relationships
-  Not knowing how to balance what one needs with what others want
-  Giving, giving, giving... until one explodes
-  Doing anything to avoid the other person being upset

Interpersonal Effectiveness

- 🌐 Goals of the module:
 - 🌐 Decrease interpersonal chaos
 - 🌐 Ask for what you want
 - 🌐 Say “no” and be taken seriously
 - 🌐 Build relationships and end destructive ones
 - 🌐 Sustain or increase self-respect
 - 🌐 Walk the “middle path”, balancing acceptance and change, wants and needs in relationships





Interpersonal Effectiveness Skills




- 🌐 Clarify interpersonal goals
- 🌐 DEAR MAN
- 🌐 GIVE
- 🌐 FAST
- 🌐 Build or end relationships

Clarify Interpersonal Goals

- 🌐 Objective or goal: what do I want to have be different at the end of this conversation?
- 🌐 Relationship: How do I want the other person to feel about me at the end of this conversation?
- 🌐 Self-respect: How do I want to feel about myself at the end of this conversation?

DEAR MAN

-  **D**escribe the situation
-  **E**xpress your feelings
-  **A**sk for what you want or say “no”
-  **R**einforce (sweeten the pill, state the consequences if you do not get what you want)

-  Stay **M**indful (broken record, ignore attacks)
-  **A**ppear effective and competent
-  **N**egotiate if necessary

GIVE

- 🌐 **G**entle manner without attack or threat
- 🌐 **A**ct **I**nterested
- 🌐 **V**alidate the other person's point of view
- 🌐 **E**asy does it, use the soft sell

FAST

- 🌐 Be **F**air to both yourself and the other person
- 🌐 No **A**pologies
- 🌐 **S**tick to your values
- 🌐 Be **T**ruthful: no lying, excuses, or exaggeration







Build (or End) Relationships

- Finding and getting people to like you
 - Look for people who are nearby
 - Look for people who are similar to you
 - Work on your conversational skills
 - Express liking (judiciously)
 - Join a group
- Be mindful of others
 - Observe
 - Describe
 - Participate

(Build or) End Relationships

- 🌐 Only make the decision to end a relationship in Wise Mind
- 🌐 Use skills
 - 🌐 Problem-solving (from ER) to repair a difficult but not destructive relationship
 - 🌐 Cope Ahead (ER) to practice ending the relationship
 - 🌐 DEAR MAN GIVE FAST (IPE)
 - 🌐 Opposite Action (ER) for love, if you love someone who is destructive or abusive

Additional Skills

-  **Dialectics**
-  **Validation**
 -  Of others
 -  Of oneself
 -  Responding to invalidation
-  **Strategies to change behavior**









Emotion Regulation

- Problems:
 - Discomfort with emotions
 - Intense emotional reactions
 - Mood swings

Emotion Regulation

- **Goals of the module:**
 - **Accept that emotions are a part of life and strive for some control over them (not total control)**
 - **Understand why we have emotions**
 - **Reduce emotional vulnerability**
 - **Decrease emotional suffering**
 - **Increase positive emotional experiences**
 - **Learn to act in ways opposite to the emotion**

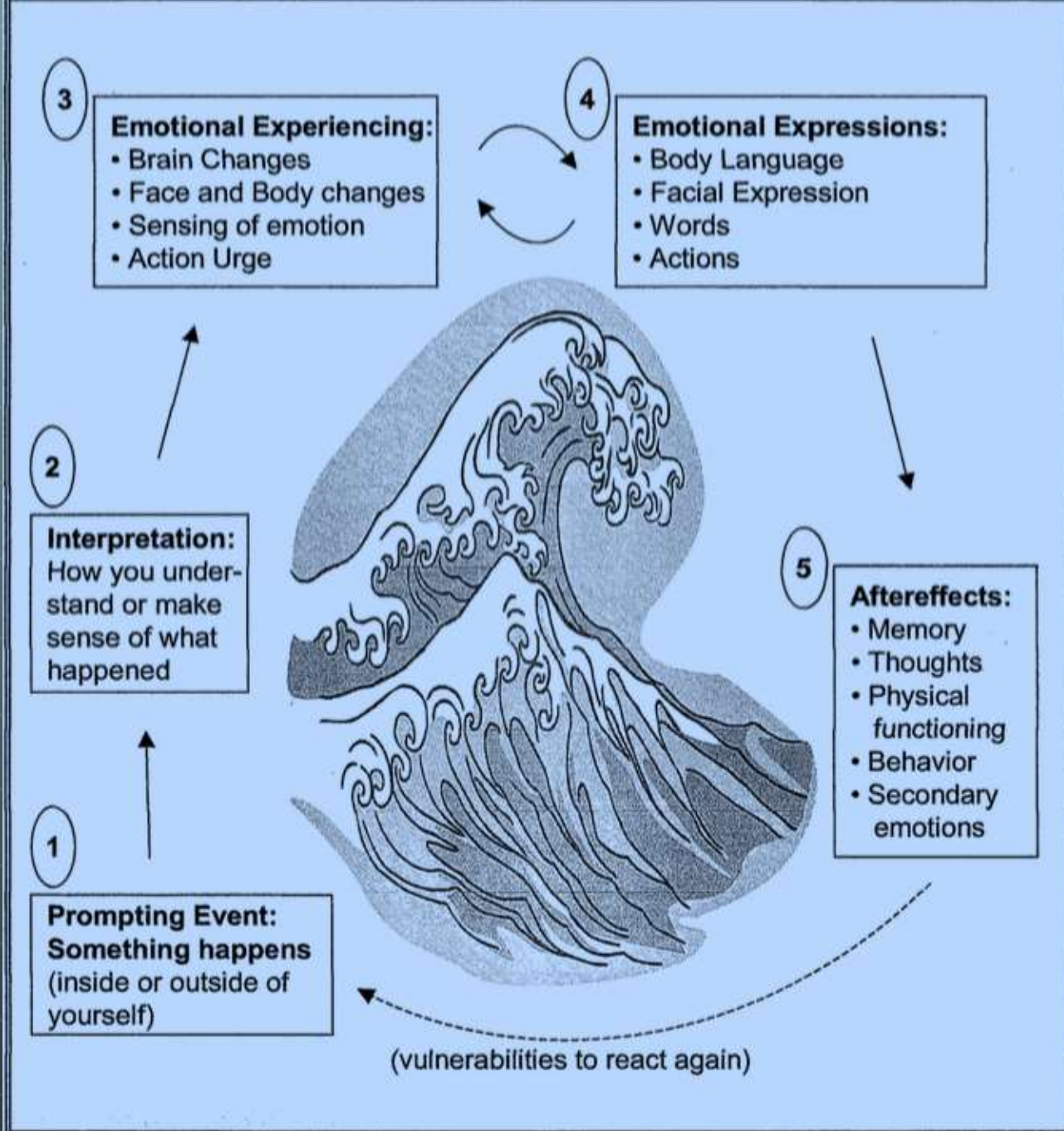
Emotion Regulation Skills

-  Check the facts
-  Do opposite action
-  Problem-solve
-  Accumulate positives A
-  Build Mastery B
-  Cope Ahead C
-  PLEASE
-  Mindfulness of the current emotion

Understand Emotions

- Emotions recruit about 98% of our bodies to express themselves
- These are the basic emotions:
 - Joy
 - Sadness
 - Fear
 - Anger
 - Love
 - Shame
 - Envy
 - Jealousy
 - Disgust
 - Guilt

- 🌍 All feelings are valid, all the time (yours, too)
- 🌍 We have emotions for a reason
 - 🌍 To communicate with and influence others
 - 🌍 To organize and motivate ourselves and others to action
 - 🌍 To self-validate










Check the Facts

- Prompting Event
 - Interpretation (thought, belief, story, myth)
 - Automatic physiological changes
 - Body language and action urges
 - EMOTION!!!
- Ask: is my interpretation accurate? How do I know?
 - Are there other possible interpretations?
 - Does my emotion or its intensity fit the facts?

Do Opposite Action

- 🌐 When afraid, approach
- 🌐 When depressed, get active
- 🌐 When angry, gently avoid/be kind
- 🌐 When ashamed, continue behavior openly
 - 🌐 Do it over and over and over, or
 - 🌐 Share the shame, and/or
 - 🌐 Treat yourself with respect

Problem-solve

-  Describe the problem situation
-  Check the facts (all of them!)
-  Identify your goal in solving the problem
-  Brainstorm many possible solutions
-  Choose one that is likely to work
-  Take action – try it out!
-  Assess and evaluate your results

Accumulate Positives

- 🌍 Short-term (on a daily basis)
- 🌍 Long-term (build a life worth living, step by step)
- 🌍 Be unmindful of worries

Build Mastery

- 🌐 Do what leaves you feeling competent, confident, and capable
- 🌐 Combat hopelessness and helplessness

Cope Ahead

- 🌐 Develop and rehearse a plan to deal skillfully with challenging situations
- 🌐 Different from ruminating

Reducing Emotional Vulnerability



PLEASE



Take care of **Physical** health



Balanced **E**ating



Avoid mood-altering drugs



Get the amount of **S**leep that's right for you



Get **E**xercise



Mindfulness of the Current Emotion

- 🌍 Suppressing emotions increases emotional suffering
- 🌍 Attentional control is a prerequisite for emotional control
- 🌍 Pain is inevitable, suffering is optional
- 🌍 “I can’ t” is your mortal enemy

Distress Tolerance



Problems:



Impulsivity



Inability to delay gratification



Inability to endure distress









Distress Tolerance

- **Goals of the module:**
 - **Survive crises**
 - **Have a “first aid kit” for tough situations**
 - **Learn how to get through a difficult situation without making it worse and without harming yourself or anyone else**





When to Use These Skills?

- 🌐 When we cannot solve the problem
- 🌐 When we cannot solve the problem right now
- 🌐 When we need to distract ourselves from urges or emotional distress
- 🌐 (If you can solve the problem, solve it!)





Distress Tolerance Skills

-  STOP
-  Pros and Cons
-  TIP
-  Wise Mind ACCEPTS
-  Self-soothe
-  IMPROVE the moment
-  Radical Acceptance
-  Mindfulness of Current Thoughts





STOP

-  **S**top
-  **T**ake a step back
-  **O**bserve
-  **P**roceed mindfully

Pros and Cons

-  What is the payoff for using skills and tolerating the distress?
-  What are the drawbacks to being skillful?
-  What is the payoff for losing it, freaking out, picking up?
-  What are the costs of losing it, freaking out, using?








TIP

-  **Temperature**
-  **Intense Exercise**
-  **Paced Breathing**
-  **Progressive Muscle Relaxation**

<https://www.youtube.com/watch?v=MXxatFoSbeY>

Distress Tolerance Skills

Wise Mind ACCEPTS

-  **A**ctivities
-  **C**ontribute
-  **C**ompare yourself to others who aren't doing as well as you
-  **C**hange your **E**motions
-  **P**ush away thoughts
-  **T**hink of other things
-  **S**ensations

Activities

- 🌐 Engage in an activity that is unrelated to the distressing urge or emotion
 - 🌐 Go to the movies
 - 🌐 Go for a walk
 - 🌐 Have a cup of tea
 - 🌐 Do some gardening
 - 🌐 Listen to music



Contribute

- 🌐 Give to someone or something
 - 🌐 Volunteer work
 - 🌐 Give a compliment
 - 🌐 Random acts of kindness
- 🌐 Shifts attention away from your problems
- 🌐 Makes you feel really good about yourself
- 🌐 Be mindful about using this skill!

Comparison

- Compare yourself to those suffering more
- Focus on the more positive aspects of your life
- Highlight what you are grateful for
- Has to be a 'downward' comparison
 - Read old journal entries
 - Watch soap operas
 - Watch the news

Change your Emotions

- Generate the opposite emotion to the current, unwanted emotion
- Must identify the unwanted emotion before choosing an activity to disrupt it (hee hee - this is tough!)
 - Scary movies
 - Joke books
 - Comedies
 - Funny greeting cards

Push Away Thoughts

- Put a situation at arm's length
- Leave the environment
- “Step out” of your mind
- Do not dissociate
 - Build an imaginary wall
 - Take a time out
 - Censor ruminating
 - Put pain in a box
 - “Don't go there”

Substitute Different Thoughts

- 🌐 Emotions love themselves
- 🌐 Emotions spark thoughts that bring on more of the same emotion
- 🌐 Interrupt this pattern with alternative thoughts
 - Thought-stopping technique of your choice
 - Count to 10
 - Count anything
 - Puzzles
 - Read

Sensations

- 🌐 Distract yourself with other, attention-grabbing sensations
 - 🌐 Hold an ice cube
 - 🌐 Bite a lemon
 - 🌐 Take a very hot shower
 - 🌐 Snap an elastic band



Self-soothe

Self-soothe the five senses

 Taste








 Touch

 Sight

 Hearing

 Smell

IMPROVE the moment

-  Imagery
-  Find Meaning in the pain
-  Prayer
-  Relaxation
-  One thing, in the moment
-  Mini-Vacation
-  Encourage yourself

Imagery

- 🌐 Imagine yourself handling the situation skillfully
- 🌐 Use creative visualization to go to a safe place



Meaning-making

- 🌐 What is the meaning of this pain?
- 🌐 Is there something I can learn from this?
- 🌐 This can open the door to a spiritual exploration (how can there be a loving God when so much unhappiness exists?)

Prayer

- 🌐 Not “why me?”
- 🌐 The Serenity Prayer is a useful one here

Relaxation

- Many techniques exist
 - Progressive muscle relaxation
 - Squeeze-and-release
 - Guided imagery
 - Mindful breathing







One thing in the moment

- 🌐 “I can do something for 24 hours that would kill me if I thought I had to do it for a lifetime.”
- 🌐 “Just this one moment, that’s all I have to get through”
- 🌐 Put the blinders on

Mini-vacation

- 🌐 Take a break from the distressing situation
- 🌐 The key is to make it a mini-vacation
 - 🌐 About 20 minutes
 - 🌐 Pull the covers over your head for a bit
 - 🌐 Then go back to the situation

Encourage Yourself

-  Cheerlead yourself
-  “Just do it!”
-  “Good job!”
-  “This, too, shall pass”

Radical Acceptance

- Acceptance does not mean approval
- Reality is what it is
- Life should be worth living even when there's pain in it
- The opposite of acceptance is immovable willfulness
 - Because we believe there is a threat
 - Because we believe to accept will be a catastrophe







Mindfulness of Current Thoughts

- 🌐 Observe your thoughts
- 🌐 Be curious
- 🌐 You are not your thoughts (you don't have to act)
- 🌐 Don't block or suppress thoughts






What's one pearl you'll take away from today?




Websites

-  <http://behavioraltech.org> Website of Marsha Linehan and colleagues on DBT. Includes information, explanations, and resources for practitioners and clients.
-  <http://www.dbtselfhelp.com> Comprehensive website put together by people who have been through DBT (not professionals), which includes information on DBT, the various skills (with explanation and examples), and other resources and links.
-  National Education Alliance for Borderline Personality Disorder site at www.borderlinepersonalitydisorder.com
-  Valerie Porr's TARA site at www.tara4bpd.org (Treatment and Research Advancements Association for Personality Disorder) provides information for friends and family members.
-  ***Borderline Personality Disorder - Family Connections Program***
www.borderlinepersonalitydisorder.com/family-connections.shtml has audio recording of Perry Hoffman, PhD on difficulties with family members (15-20 minutes)
-  www.drkristiwebb.com is my practice website. I have pages of resources for both therapists and patients, including diary cards available for downloading.



Social Media

-  [Facebook.com/DrKristiWebb](https://www.facebook.com/DrKristiWebb). Each Monday I post the “Skill of the Week” for those who “like” my professional Facebook page.
-  [YouTube.com/DrKristiWebb](https://www.youtube.com/DrKristiWebb). My YouTube channel has a number of videos on Borderline Personality Disorder, DBT, and related topics. Each is short and informative.
-  [Pinterest.com/DrKristiWebb](https://www.pinterest.com/DrKristiWebb). My Pinterest page, “Resources in Mental Health”, pins items of interest to those with a variety of disorders, including BPD.




DBT Texts

-  Linehan, Marsha (1993). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press. This is the original textbook where Linehan fleshes out DBT for therapists. Dense and informative, an absolute must for any therapist who claims to be doing DBT or for patients who want to know what to expect. The “DBT Bible.”
-  Koerner, Kelly (2011). *Doing Dialectical Behavior Therapy: A Practical Guide*. New York: Guilford Press. Excellent book that describes in detail how to practice DBT. It is written very clearly with lots of helpful examples.
-  Dimeff, Linda A., Koerner, Kelly, and Linehan, Marsha (2007). *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*. New York: Guilford Press. Each chapter applies DBT to a different problem, such as depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behavior, or other complex problems, as well as practical advice for day-to-day issues facing DBT practitioners.




DBT Texts

-  Fruzzetti, Alan E. and Linehan, Marsha M. (2006). *The High Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, & Validation*. Oakland, CA: New Harbinger Publications. This book is full of practical tips and exercises on how to enhance relationships. Central to the approach is validation (what it is, how to do it, and how often people inadvertently invalidate each other without realizing it).
-  Miller, Alec L., Rathus, Jill H., and Linehan, Marsha (2007). *Dialectical Behavior Therapy with Suicidal Adolescents*. New York: Guilford Press. For clinicians. Very clearly written, provides insights into developmental-systemic process relevant to adults coping with severe emotional dysregulation.



Practice Manuals

-  Linehan, Marsha M. (2015). *DBT Skills Training Manual*, 2nd ed. New York: Guilford Press. This is the book for clinicians who are co-leading DBT skills groups. It includes the rationale for DBT skills training, how to structure the skills groups, review of the dialectical and validation strategies, and teaching notes for each of the four skills modules. It is the companion to...
-  Linehan, Marsha M. (2015). *DBT Skills Training Handouts and Worksheets*, 2nd ed. New York: Guilford Press. Revised, updated, and reformatted, this is the new skills manual and it is available to both clinicians and patients. Once the book has been purchased from Guilford Press, buyers can download the handouts and worksheets online for their skills classes.
-  McKay, Matthew, Wood, Jeffrey, and Brantley, Jeffrey (2007). *Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance*. Oakland, CA: New Harbinger Publications. This workbook expands and translates DBT skills into a series of step-by-step exercises, with examples, to learn concepts and put into practice exercises to manage emotions. Very clear and user-friendly.




On Mindfulness and Acceptance

-  Hahn, Thich Nhat (1999). *The Miracle of Mindfulness*. Boston, MA: Beacon Press. World-renowned Vietnamese Buddhist monk and Zen master Thich Nhat Hanh weaves practical instruction with anecdotes and other stories to show how the meditative mind can be achieved at all times and how it can help us heal. He has written extensively on mindfulness. This is one of his most popular books on how to take hold of your consciousness and keep it alive to the present reality. Other resources include: *The Art of Mindful Living*; *Mindfulness for Psychotherapists* (audiotape); and *Living Buddha Living Christ* (which can serve as bridge for folks who are uncomfortable with idea of Buddhism).
-  Kabat-Zinn, Jon (1995). *Wherever You Go, There You Are*. New York: Hyperion Books. Blends stories, anecdotes, poems, images, and scientific observations with easily followed instructions in the art of "capturing" the present and living fully within each moment in order to achieve inner peace. Jon Kabat-Zinn is the creator of Mindfulness-based Stress Reduction programs, and credited with bringing mindfulness into mainstream in the West. Some of his other books include: *Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness* (1990); and *Mindfulness for Beginners: Reclaiming the Present Moment—and your Life* (2011).
-  Horstead, Sharon (2010). *Living the Mindful Way: 85 Everyday Mindfulness Practices For Finding Inner Peace*. Mindful Heart Learning Press. This book offers mindfulness practices to find joy inside and around you, your strength to progress, your core purpose, your courage, and inner peace.




On Mindfulness and Acceptance

-  Brantley, Jeffrey (2007). *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic*. Oakland, CA: New Harbinger Publications. Instructs readers on the role that thoughts and emotions play in anxiety, and provides a step-by-step guide to developing mindfulness practices, which include presence, stillness, and loving kindness, which can enable them to feel safe while opening up to fearful feelings.
-  Williams, Mark, Teasdale, John D., Segal, Zindel V., and Kabat-Zinn, Jon (2007). *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness*. New York: Guilford Press. Uses mindfulness to help people attend to their emotions and sidestep mental habits that can lead to despair, rumination, and self-blame. Accompanying CD with guided meditations by Jon Kabat-Zinn.

On Borderline Personality Disorder







-  Chapman, Alex, and Gratz, Kim (2007). *The Borderline Personality Disorder Survival Guide*. Oakland, CA: New Harbinger Press. Road map to guide people through BPD and its treatment, including DBT, mentalization-based therapy, and medication.
-  Hoffman, Perry and Gunderson, John (editors) (2005). *Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families*. Washington, DC: American Psychiatric Association. Anthology of chapters by 15 experts on variety of topics, including the etiology of BPD and effectiveness of DBT in reducing self-injury and drug dependence. Contains resources for families with a member who suffers from BPD, and how to build partnerships with mental health professionals.
-  Lawson, Christine (2002). *Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationships*. Jason Aronson, Inc. For individuals who were raised by a mother with BPD, this is considered a very helpful resource, readable and validating.

On Borderline Personality Disorder

-  Manning, Shari Y. (2011). *Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship*. New York: Guilford Press. Helps overwhelmed loved ones understand why their spouses, adult children, or other family members act the way they do and how to respond constructively. Practical, clear, kind.
-  Porr, Valerie (2010) *Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change*. Oxford University Press. Compassionate and informative guide to help families understand BPD (as a neurobiological disorder), which also provides skills to cope, which are drawn from DBT and mentalization-based therapy (Peter Fonagy's work).
-  Van Gelder, Kiera (2010). *The Buddha & the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism & Online Dating*. Oakland, CA: New Harbinger Publications. Very illuminating memoir of a young women contending with BPD, treatment, and healing. Website: www.buddhaandborderline.com

UNC Social Work Clinical

Lectures: cls.unc.edu

-  Becca Edwards, on working with emotionally vulnerable clients
-  Jill Compton and Prudence Cuper, on the use of DBT in the treatment of self-harm behaviors
-  Tyler Beach, on improving psychological flexibility through mindfulness-based behavioral therapies
-  Jennifer Kirby, on responding to client therapy-interfering behaviors using behavioral principles and techniques
-  John Mader, on mindfulness in clinical practice and daily Life
-  Jeff Brantley, on mindfulness and anxiety

Local Resources

- 🌐 Triangle Area DBT (TADBiT): founded by Meggan Moorhead and Norma Safransky with the goal of promoting the use of DBT in the Triangle Area <http://www.triangleareadbtt.com>
- 🌐 DBT-U for university students: <http://www.dbt-u.com/dbt-u-groups>. Groups run by semester schedule in Chapel Hill, Carrboro, Durham, Raleigh
- 🌐 DBT Listserv: DBT individual and/or group therapists in the Triangle community.