

OUTPATIENT DBT PROGRAMME

2 Weeks Orientation, Mindfulness Skills

Class 1

Goals of Skills Training

Wise Mind; Mindfulness “What” Skills

Class 2

Taking Hold of Your Mind: “What” Skills (cont.)

Taking Hold of Your Mind: “How” Skills

Module 1 – 6 Weeks Distress Tolerance Skills

Class 3

Goals of Distress Tolerance

Overview: Crisis Survival Skills

Class 4

Tip Skills: Changing your Body Chemistry

Class 5

Distracting

Self-Soothing

Improving the Moment

Class 6

Overview: Reality Acceptance Skills

Radical Acceptance

Class 7

Willingness

Half-Smiling and Willing Hands

Class 8

Mindfulness of Current Thoughts

Classes 9, 10

2 Weeks Orientation, Mindfulness Skills

Module 2 – 7 Weeks Emotion Regulation Skills**Class 11**

Goals of Emotional

What Emotions Do for You

A Model for Describing Emotions

Class 12

Overview: Changing Emotional Responses

Class 13

Opposite Action

Class 14

Problem Solving

Class 15

Overview: Reducing Vulnerability to Emotion Mind

Accumulating Positive Emotions in the Short Term

Pleasant Events List

Class 16

Accumulating Positive Emotions in the Long Term

Values and Priorities List

Class 17

Build Mastery and Cope Ahead

Taking Care of Your Mind by Taking Care of Your Body

Nightmare Protocol

Classes 18, 19

2 Weeks Orientation – Mindfulness Skills

Module 3 – 5 Weeks Effectiveness Skills**Class 20**

Goals of Interpersonal Effectiveness

Class 21

Guidelines for Objective Effectiveness: Getting What You Want (DEAR MAN)

Class 22

Guidelines for Relationship Effectiveness: Keeping the Relationship (GIVE)

Class 23

Guidelines for Self-Respect Effectiveness: Keeping Respect for Yourself (FAST)

Class 24

Troubleshooting