Make Waves

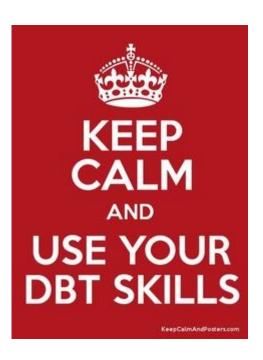
COMMUNITY EDUCATION DAY



Making IT Through Crisis: DBT Distress Tolerance Skills

Nicole Bosse, PsyD Shannon Jensen, LISW-S

Distress Tolerance Skills



- Perceive the environment without placing demands on it
- Experience emotions without attempting to change them
- Observe thoughts without attempting to stop or control them

You NEED Crisis Survival Skills when:

- There is a real crisis and the situation is:
 - Highly stressful, painful
 - Short-term
 - There is a pressure to resolve RIGHT NOW
- The crisis can't be resolved in the short-term
- You can't afford to make the situation worse than it already is

The goal of Crisis Survival Skills:

- Stay alive
- Carry on
- Stay Functional
- AVOID MAKING THINGS WORSE



STOP

- **S** tep back, stop moving, stay in control
- Take a breath, take a moment
- Observe and notice your thoughts and feelings
- Proceed Mindfully, act with awareness, think about your goal and actions, ask Wise Mind

TIP Skills

Reduce Emotion Mind QUICKLY by changing vour body chemistry:

Temperature- Ice/ Warmth



Paced Breathing- Paired Muscle Relaxation - mindful tension release

Pros and Cons

 Advantages for tolerating/resisting Advantages for keeping problem behavior/emotion

 Disadvantages for tolerating/resisting Disadvantages for keeping problem behavior/emotion

Check the Facts!

Effective Rethinking & Paired Relaxation

- Step 1. Prompting Event
- Step 2. Ask- Interpretations, Assumptions
- Step 3. Rethink- effective thoughts
- Step 4. Practice Imagining- breathing in/out
- Step 5. Keep Practicing!
- Step 6. When stressful situation occurs-

"I'm in control....so....Relax"

Distraction with Wise Mind ACCEPTSa skill not a life-style

Activities

Contributing

Comparisons

Opposite Emotion

Pushing Away

Other Thoughts

Other Sensations

Self-Soothe

- Reduce vulnerability to emotion mind
- Increase resistance to temptation
- Use of the **Five** senses:

Vision

Hearing

Smell

Taste

Touch

Build a Self-Soothe kit



IMPROVE the Moment

- Imagery- visualization
- Meaning- purpose, positives, values
- Prayer- Higher power, God, own Wise Mind
- Relaxing actions- body, mind, soul
- One thing in the moment- intent, present, aware
- Vacation- brief, break, time-out
- Encouragement- self talk, cheerlead

Reality Acceptance Skills

Dealing with trauma and pain



Radical Acceptance

- "It is What it Is"
- Freedom from suffering= Acceptance of what is
- Entering into reality as it is
- It is NOT- approval, passivity, compassion, love
- Rejecting reality does NOT change reality
- Requires accepting the facts of reality

Turning the Mind A Fork in the Road

- Act of CHOICE- to accept reality as it is
- Commitment= turning towards the path of acceptance
- Turn your mind- over and over again
- Towards acceptance-path away from rejecting
- LET GO- of discouragement
- LET GO- of shame, guilt, or refusal



Willingness vs. Willfulness

Willingness is- ready to do just what is needed

- Voluntarily
- Without reservation
- Acting from Wise Mind
- Fully aware of reality
- NOT "sitting on your hands"
- NOT giving up
- Not tolerating the moment
- NOT insisting on being in control

Allowing the Mind: Mindfulness of Current Thought

- Observe your thoughts- mindfully
- Practice allowing thoughts- as waves, not judging
- You are NOT your thoughts- do not have to act
- With bothersome, returning thoughts-
 - Repeat out loud
 - Sing, shout, play
 - Imagery

Half-Smile

- Relax your face
- Let both corners of lips go up slightly
- Try to adopt serene facial expression
- Use Willing Hands

