

# Dialectical Behavior Therapy (DBT) Intensive

## Individual Therapy with Dr. Laurie Little

Session 1: Assessment, Orientation to DBT & 4 Modules, Develop Goals

Session 2: Managing life interfering behaviors, self-injury urges, & the use of a diary card

Session 3: Learning to quiet the mind and access Wise Mind decisions

Session 4: Managing depression and life avoidance behaviors

Session 5: Exploring a value based life

Session 6: Relapse prevention & application to real world

## DBT Coaching

Coaching Session 1: Wise Mind

Mindfulness Handouts: 1, 1A, 2, 3, 3A

Mindfulness Worksheets: 1, 3

Coaching Session 2: Whats and Hows of Mindfulness

Mindfulness Handouts: 4, 4A-C, 5, 5A-C

Mindfulness Worksheets: 4, 4A, 5, 5A

Coaching Session 3: Distress Tolerance – TIPP skill

Distress Tolerance Handouts: 6, 6A, 6B, 6C

Distress Tolerance Worksheets: 4, 4A, 4B

Coaching Session 4: Distress Tolerance – Radical Acceptance

Distress Tolerance Handouts: 10, 11, 11A, 11B

Distress Tolerance Worksheets: 8, 9

Coaching Session 5: Distress Tolerance - Turning the Mind, Willingness, Half-Smile/Willing Hands

Distress Tolerance Handouts: 12, 13, 14, 14A

Distress Tolerance Worksheets: 10, 11

Coaching Session 6: Mindfulness of Current Emotions

Emotion Regulation Handouts: 22

Emotion Regulation Worksheets: 15

Coaching Session 7: Opposite Action

Emotion Regulation Handouts: 9, 10, 11

Emotion Regulation Worksheets: 6, 7

Coaching Session 8: Accumulating Positive Emotions Short & Long Term

Emotion Regulation Handouts: 14, 15, 16, 17, 18

Emotion Regulation Worksheets: 10, 11, 11A

Coaching Session 9: Building Mastery, Coping Ahead, & PLEASE

Emotion Regulation Handouts: 19, 20, 20A, 20B

Emotion Regulation Worksheets: 12, 14

Coaching Session 10: Problem Solving

Emotion Regulation Handouts: 12

Emotion Regulation Worksheets: 8