Dialectical Behavior Therapy
Skills Training Group Curriculum

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For Vista Hill Learning Assistance Center North Inland
High School Intensive Outpatient Program
Dialectical Behavior Therapy Skills Training Group Curriculum

- General
  - Diary Card
  - BCA

- Mindfulness Skills:
  - Wise Mind
  - What Skills
  - How Skills

- Distress Tolerance Skills:
  - Crisis Survival Skills:
    - STOP
    - Pros & Cons
    - TIP
    - ACCEPTS
    - Self-Soothe
    - IMPROVE the Moment
  - Reality Acceptance Skills:
    - Radical Acceptance
    - Turning the Mind
    - Willingness
    - Half-Smile
    - Willing Hands
    - Mindfulness of Current Thoughts

- Emotional Regulation Skills:
  - Understanding and Naming Emotions
  - Mindfulness of Current Emotions
  - Changing Emotional Responses:
    - Check the Facts
    - Opposite Action
    - Problem Solving
  - Reducing Vulnerability to Emotional Mind
    - ABC
    - PLEASE

- Interpersonal Effectiveness:
  - DEAR MAN
  - GIVE
  - FAST
  - Troubleshooting, Beginning and Ending Relationships
Mindfulness Module

- **Week 1a:** Orientation to DBT Skills Training and Mindfulness Skills
  - Goals of Skills Training (G1)
  - Rules
  - Wise Mind (M3, +)
  - Dairy Cards (+)

- **Week 1b:** Behavior Chain Analysis
  - BCA (+)
  - HW: Complete a BCA (to be reviewed in individual therapy)

- **Week 2a:** Mindfulness: What & How Skills
  - Goals (M1)
  - What Skills (M4)
  - How Skills (M5)
  - HW: M Worksheet 2, 2A, or 2B

- **Week 2b:** What & How Skills Homework Review

Distress Tolerance Module

- **Week 3a:** Introduction to Distress Tolerance Skills: Crisis Survival Skills: STOP; Pros & Cons
  - Goals (DT1)
  - Crisis Survival Skills (DT3)
  - STOP Skill (DT4)
  - Pros & Cons (DT5)
  - HW: DT Worksheet 2A, 3, or 3A

- **Week 3b:** STOP and Pros & Cons Homework Review

- **Week 4a:** TIP; Distract with ACCEPTS
  - TIP (DT6)
  - Practice Paired Muscle Relaxation (script, recording, etc)
  - ACCEPTS (DT7)
  - HW: DT Worksheet 4 or 4A and DT Worksheet 5, 5A, or 5B

- **Week 4b:** TIP & ACCEPTS Homework Review

- **Week 5a:** Self-Soothe; IMPROVE the Moment
  - Self-Soothe (DT8)
  - IMPROVE (DT9)
  - HW: DT Worksheet 6A or 6B and DT Worksheet 7, 7A, or 7B

Week 5b: Self-Soothe & IMPROVE the Moment Homework Review

Week 6a: Reality Acceptance Skills: Radical Acceptance, Turning the Mind
- Reality Acceptance Skills (DT10)
- Radical Acceptance (DT11)
- Turning the Mind (DT12)
- HW: DT Worksheet 9 or 8

Week 6b: Radical Acceptance, Turning the Mind Homework Review

Week 7a: Willingness, Half-Smile, Willing Hands, Mindfulness of Current Thoughts
- Willingness (DT13)
- Half-Smile & Willing Hands (DT14)
- Mindfulness of Current Thoughts (DT15)
- Mindfulness Meditation
- HW: DT Worksheet 8, 8A, 8B, 11, 11A, or 12A

Week 7b: Willingness Homework Review

Emotional Regulation Module

Week 8a: Introduction to Emotional Regulation Skills: Understanding and Naming Emotions; Mindfulness of Current Emotions ("Ride the Wave")
- Goals (ER1)
- Understanding and Naming Emotions (ER2)
- What Emotions Do For You (ER3) (just to read-optional)
- Ways to Describe Emotions (ER6) (for their reference)
- Mindfulness of Current Emotions (ER22)
- HW: ER Worksheet 8, 8A, 4A

Week 8b: Identifying Emotions Homework Review

Week 9a: Check the Facts & Opposite Action
- Overview (ER7)
- Check the Facts (ER8, 8A)
- Opposite Action vs Problem-Solving (ER9)
- Opposite Action (ER10)
- Opposite Actions (ER11) (for their reference)
- HW: ER Worksheet 7

Week 9b: Check the Facts & Opposite Action Homework Review

Week 10a: Problem Solving

- Problem Solving (ER12)
- Reviewing Opposite Action vs Problem Solving (ER13)
- HW: ER Worksheet 8

☐ **Week 10b:** Problem Solving Homework Review

☐ **Week 11a:** Reducing Vulnerability to Emotional Mind: PLEASE
  - PLEASE (+)
  - HW: ER Worksheet 14

☐ **Week 11b:** PLEASE Homework Review

☐ **Week 12a:** Accumulating Positive Emotions ("Building A Life Worth Living") (ABC)
  - Accumulating Positive Emotions - Short Term (ER15)
  - Pleasant Events List (ER16) (for their reference)
  - Accumulating Positive Emotions - Long Term (ER17)
  - Values & Priorities List (ER18)
  - HW: ER Worksheet 10, 11A, and/or 11B

☐ **Week 12b:** Accumulating Positive Emotions Homework Review

☐ **Week 13a:** Build Mastery; Cope Ahead (ABC)
  - Build Mastery and Cope Ahead (ER19)
  - HW: ER Worksheet 12

☐ **Week 13b:** Build Mastery & Cope Ahead Homework Review

**Interpersonal Effectiveness Module**

☐ **Week 14a:** Introduction to Interpersonal Effectiveness Skills: DEAR MAN
  - Goals (IE1)
  - Factors in the Way of IE (IE2)
  - Obtaining Objectives Skillfully Overview (IE3-4)
  - Objectives Effectiveness: DEAR MAN (IE5)
  - HW: IE Worksheet 2

☐ **Week 14b:** DEAR MAN Homework Review

☐ **Week 15a:** GIVE & FAST
  - Relationship Effectiveness: GIVE (IE6)
  - Self-Respect Effectiveness: FAST (IE7)
  - Validation (IE17 & 18)
  - Factors to Consider (IE8) (for their review)
  - HW: IE Worksheet 4 and 5
☐ **Week 15b:** GIVE & FAST Homework Review

☐ **Week 16a:** Troubleshooting, Beginning and Ending Relationships
  - Troubleshooting (IE9)
  - Finding People (IE11)
  - Ending Relationships (IE13)

☐ **Week 16b:** Review/Game