

**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: ER4A, ER Worksheet 2B, or 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