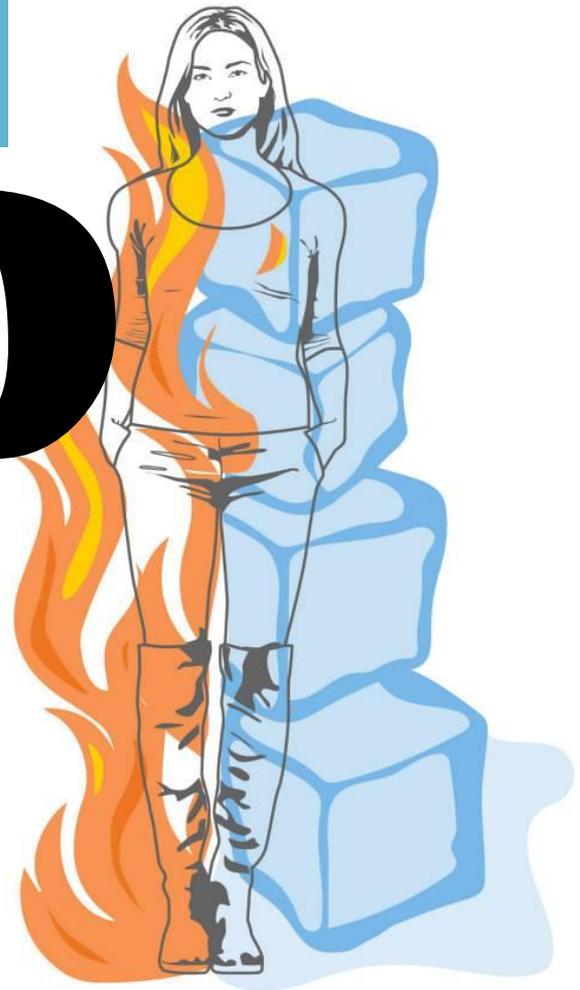


What is *B.P.D.*

?



BioSocial Model



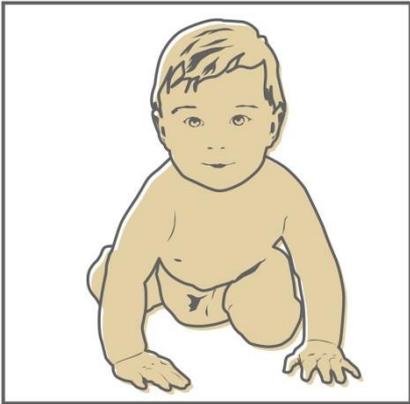
+



=



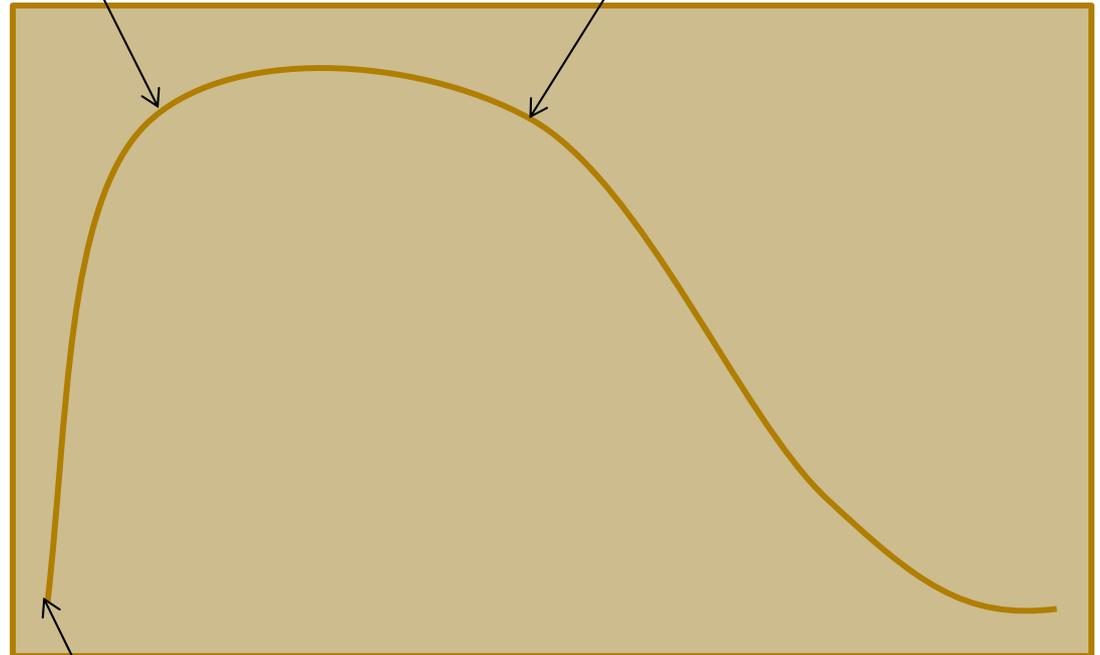
Sensitive Baby



They become very intense very quickly

Emotional intensity lasts a long time before starting to return to baseline

Emotional Intensity



Emotions are triggered easily

Time

Emotional Burn Victim



=



Invalidating Environment

“You’re not hurt, you better suck it up.”

“Cheer up!
You’re fine”

“Shake it off.”

“You’re overreacting.”

“Let it go.”

“Boys don’t cry.”



“Don’t be a sissy.”

“I’ll give you something to cry about.”

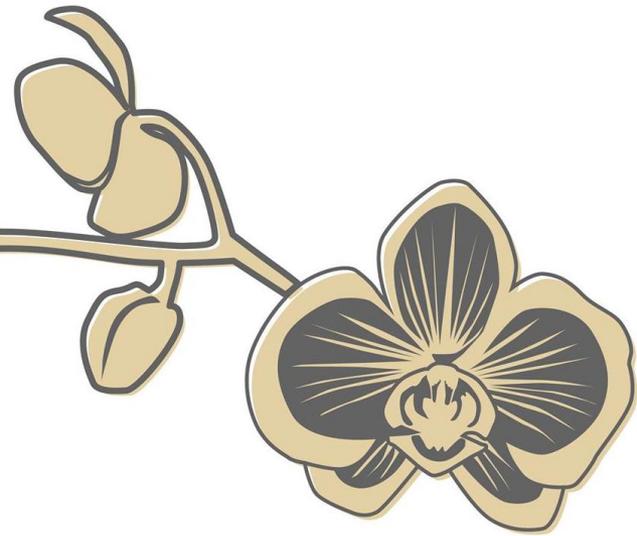
“Just snap out of it.”

“Just get over it.”

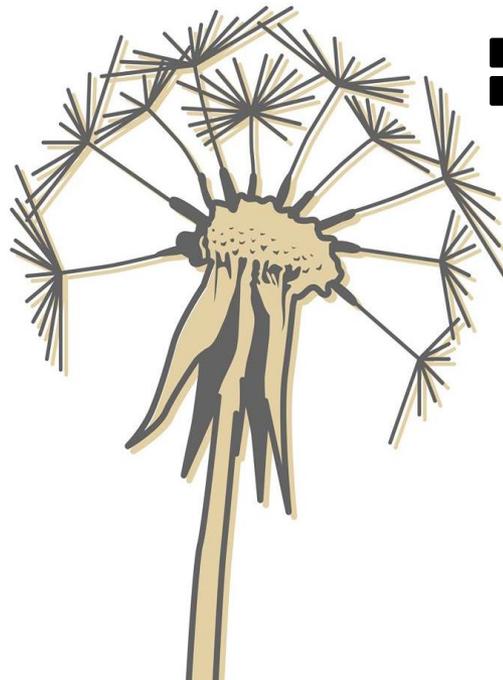
“You’re being dramatic.”

“You must be hormonal.”

Poor Fit



+



=



Borderline Personality Disorder

1. Abandonment
2. Chaotic relationships
3. Identity disturbance
4. Impulsivity
5. Suicidal or self-harm behavior
6. Mood instability
7. Feelings of emptiness
8. Intense anger
9. Stress related paranoia or dissociation

5 of 9



DBT and BPD

-
- The diagram maps nine symptoms of Borderline Personality Disorder (BPD) to four domains of Dysregulation in Dialectical Behavior Therapy (DBT). The symptoms are listed on the left, and the domains are on the right. Yellow lines connect the symptoms to their corresponding domain:
- 1. Fear of Abandonment — Interpersonal Dysregulation
 - 2. Chaotic relationships — Interpersonal Dysregulation
 - 3. Impulsivity — Behavioral Dysregulation
 - 4. Suicidal or self-harm behavior — Behavioral Dysregulation
 - 5. Mood instability — Emotional Dysregulation
 - 6. Intense anger — Emotional Dysregulation
 - 7. Feelings of emptiness — Self Dysfunction
 - 8. Identity disturbance — Self Dysfunction
 - 9. Stress-related paranoia or dissociation — Cognitive Dysregulation

What is

D.B.T.?

?



How DBT addresses BPD

**Individual
Therapy**

*Telephone
Consultation*

**Consultation
Team**

Group
Therapy

Individual Therapy

Hierarchy of Treatment Targets

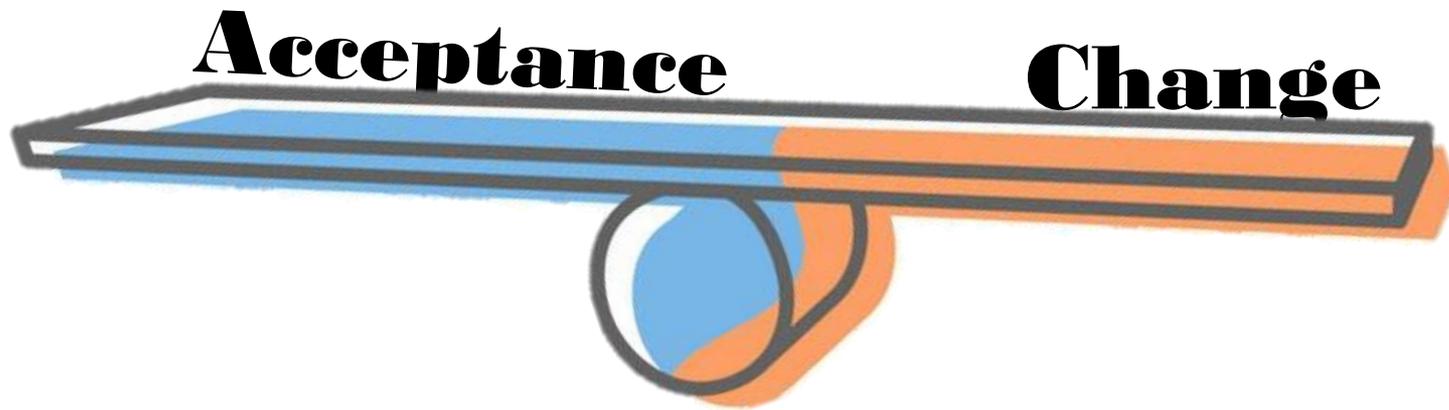
1. Life Threatening Behavior

2. Therapy Interfering Behavior

3. Quality of Life Interfering Behavior

4. Skills Acquisition

Dialectics



Black & White Thinking

Reality is a gradation,
from dark grey to light grey.

Black & White Thinking

**All
Bad**

Scary

Avoid

Ugly

Negative

Mean

Terrible

Horrible

Awful

Less

**All
Good**

Positive

More

Beautiful

Friendly

Happy

Approach

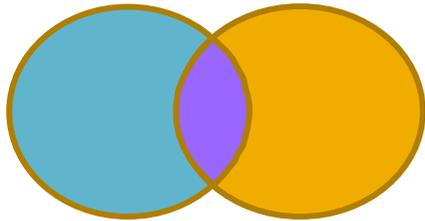
Wonderful

Safe

Nice

Hot & Cold

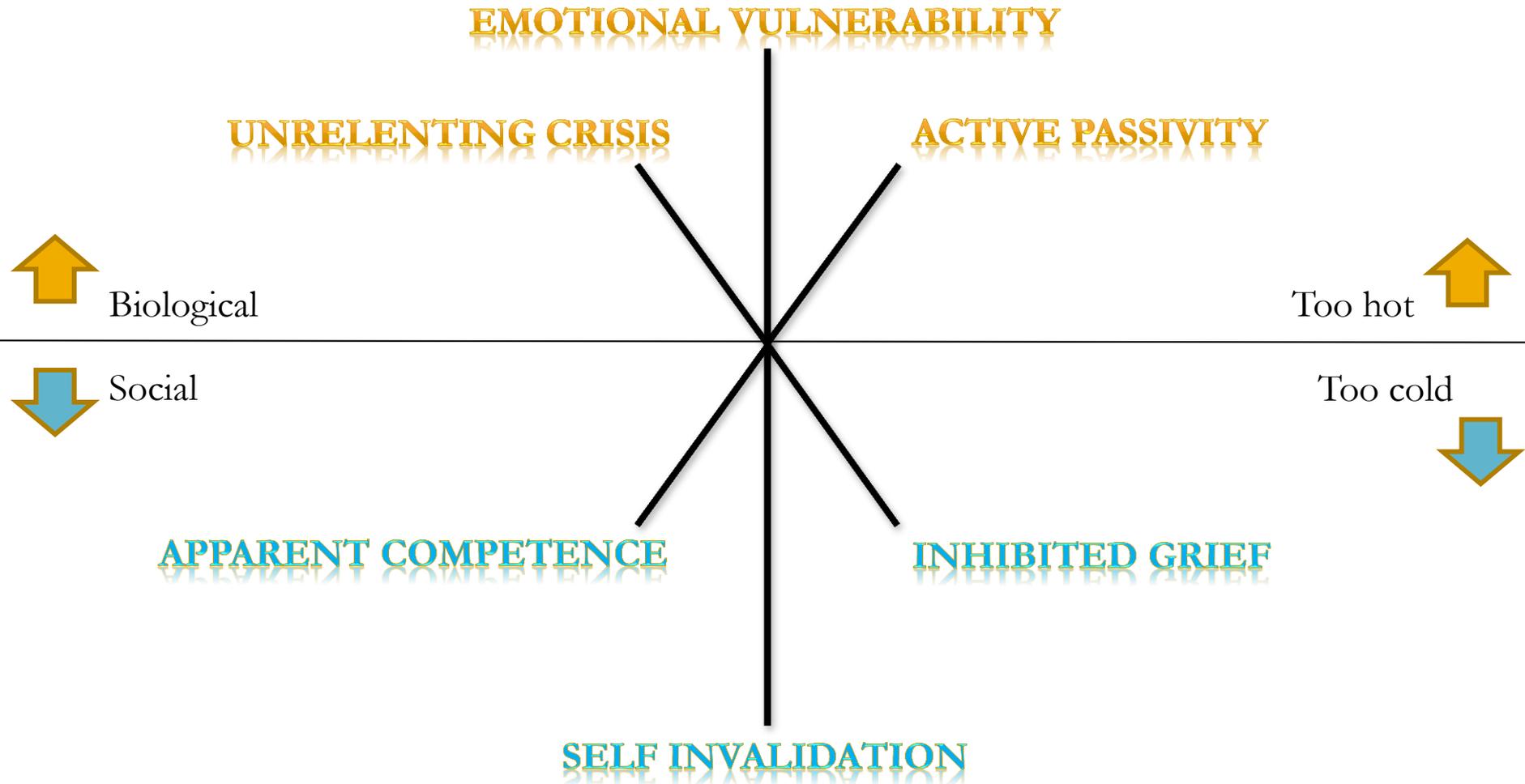
Wise Mind



Rational Mind Emotional Mind

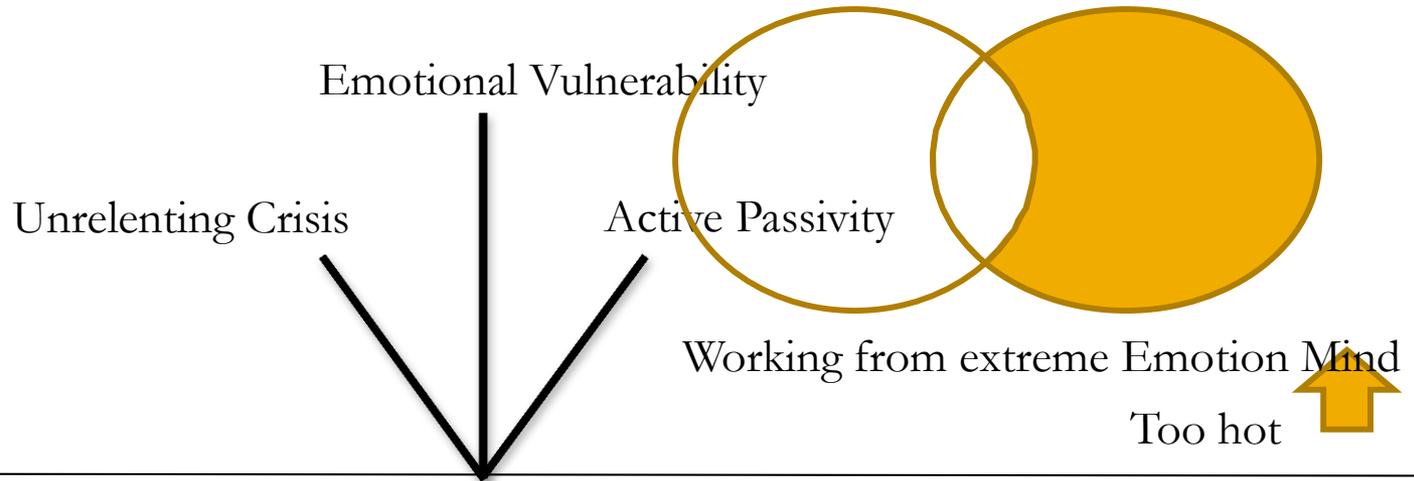


Dialectical Dilemmas

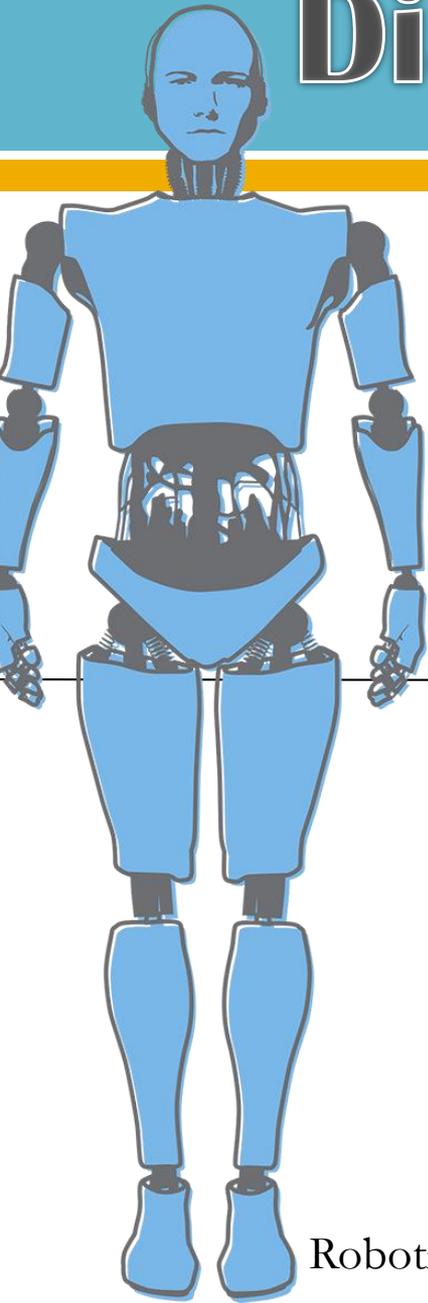


Dialectical Dilemmas

Animalistic



Dialectical Dilemmas



Robotic

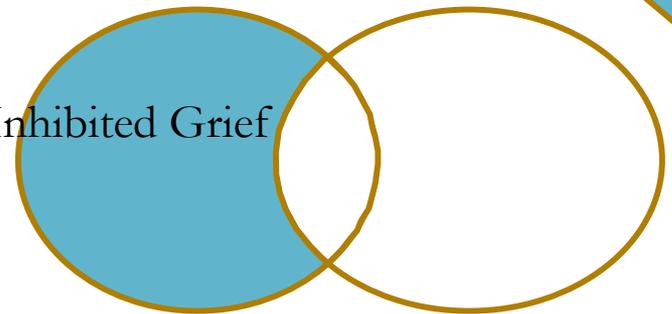
Apparent Competence

Self Invalidation

Inhibited Grief

Working from extreme Rational Mind

Too cold



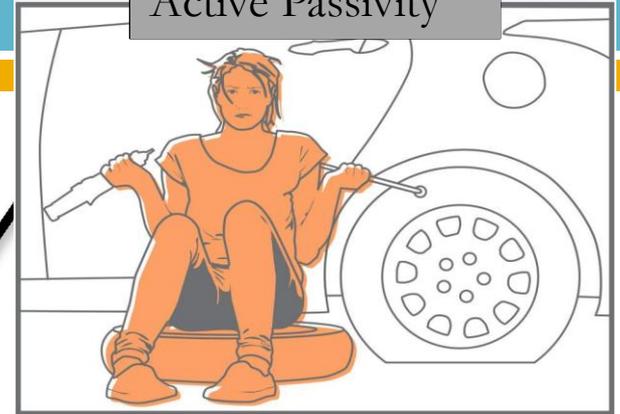
Unrelenting Crisis



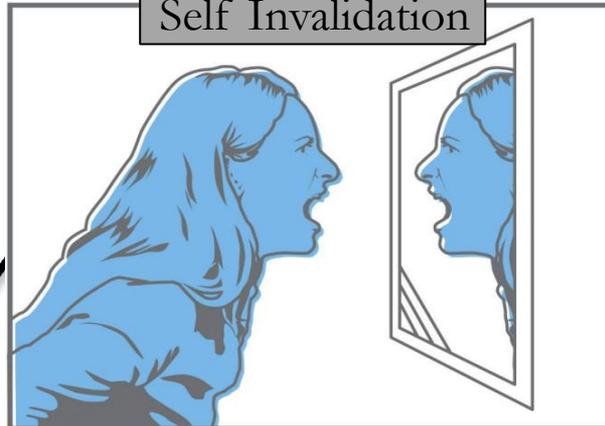
Emotional Vulnerability



Active Passivity



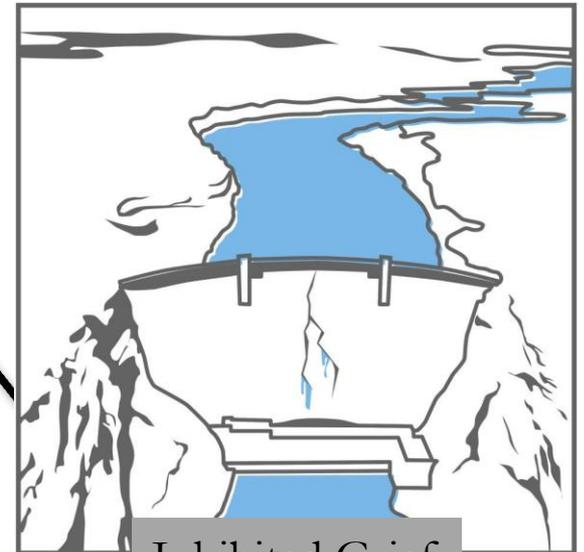
Self Invalidation



Apparent Competence



Inhibited Grief

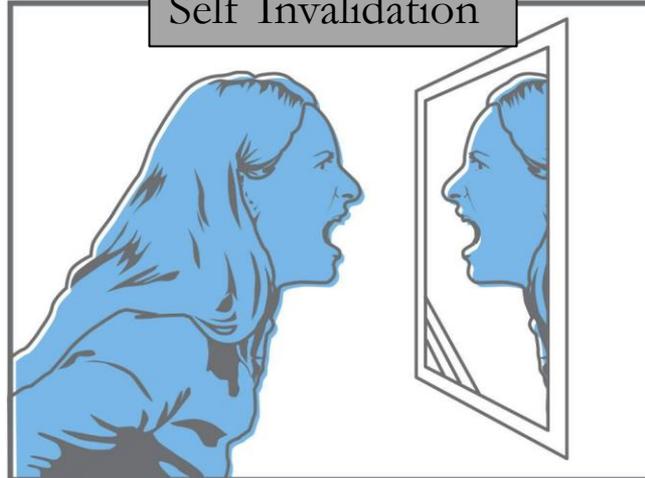


Dialectical Dilemmas



Emotional Vulnerability

Self Invalidation



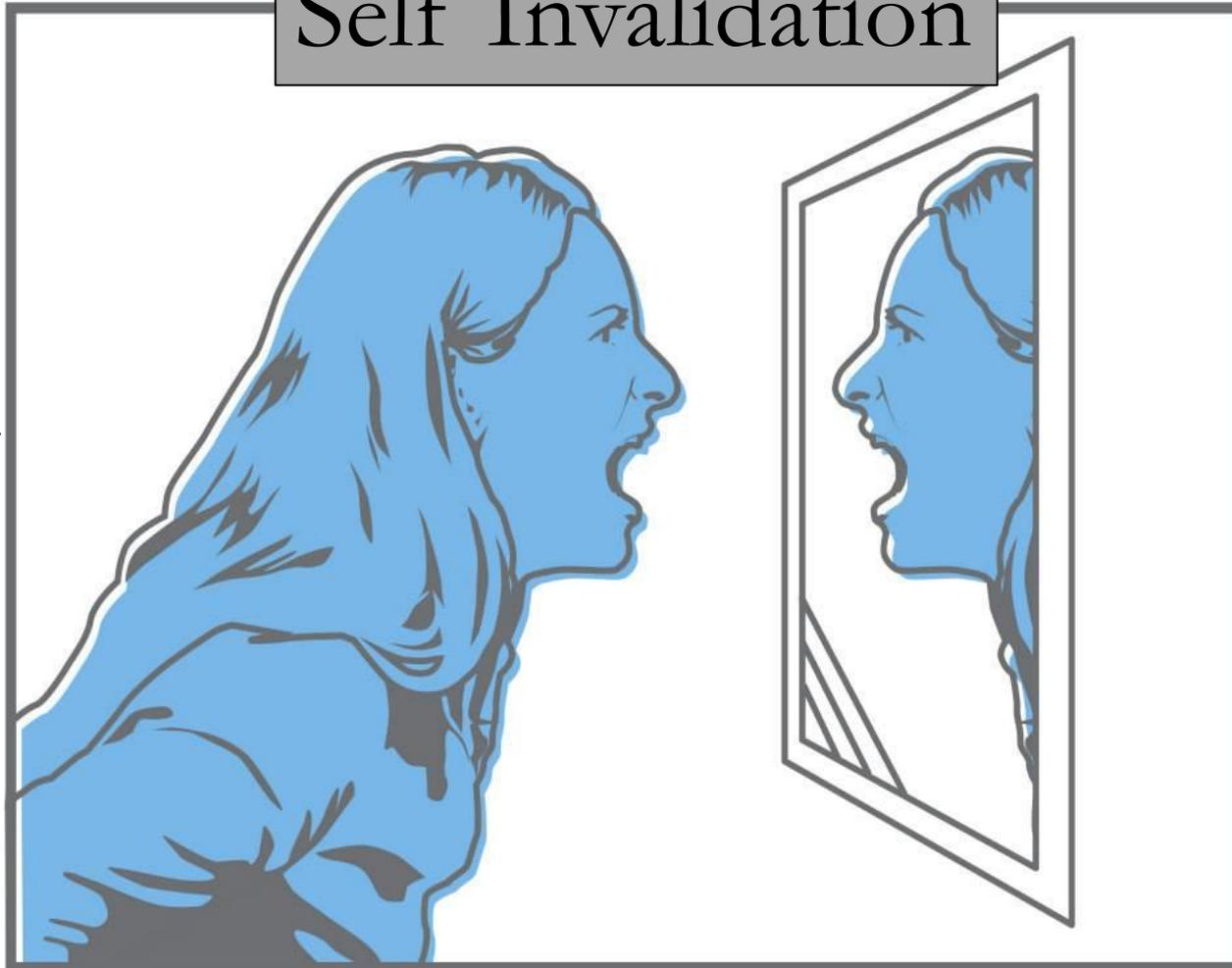
Dialectical Dilemmas



Emotional Vulnerability

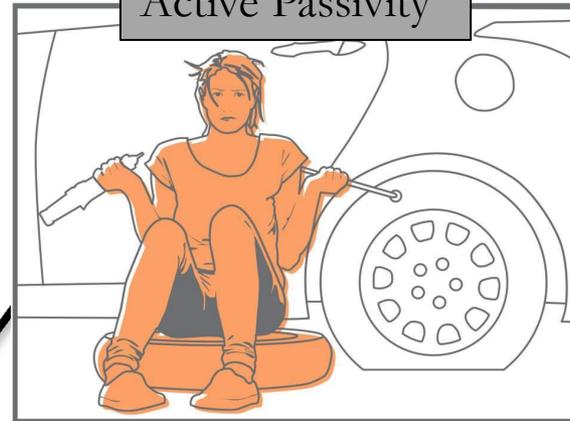
Dialectical Dilemmas

Self Invalidation



Dialectical Dilemmas

Active Passivity



Apparent Competence

Dialectical Dilemmas

Active Passivity



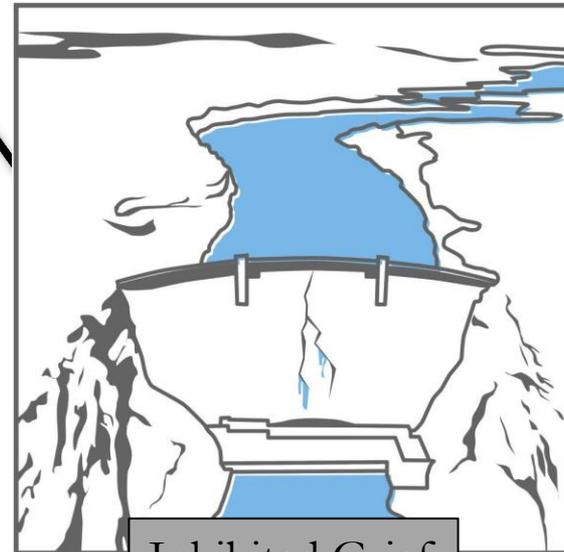
Dialectical Dilemmas



Apparent Competence

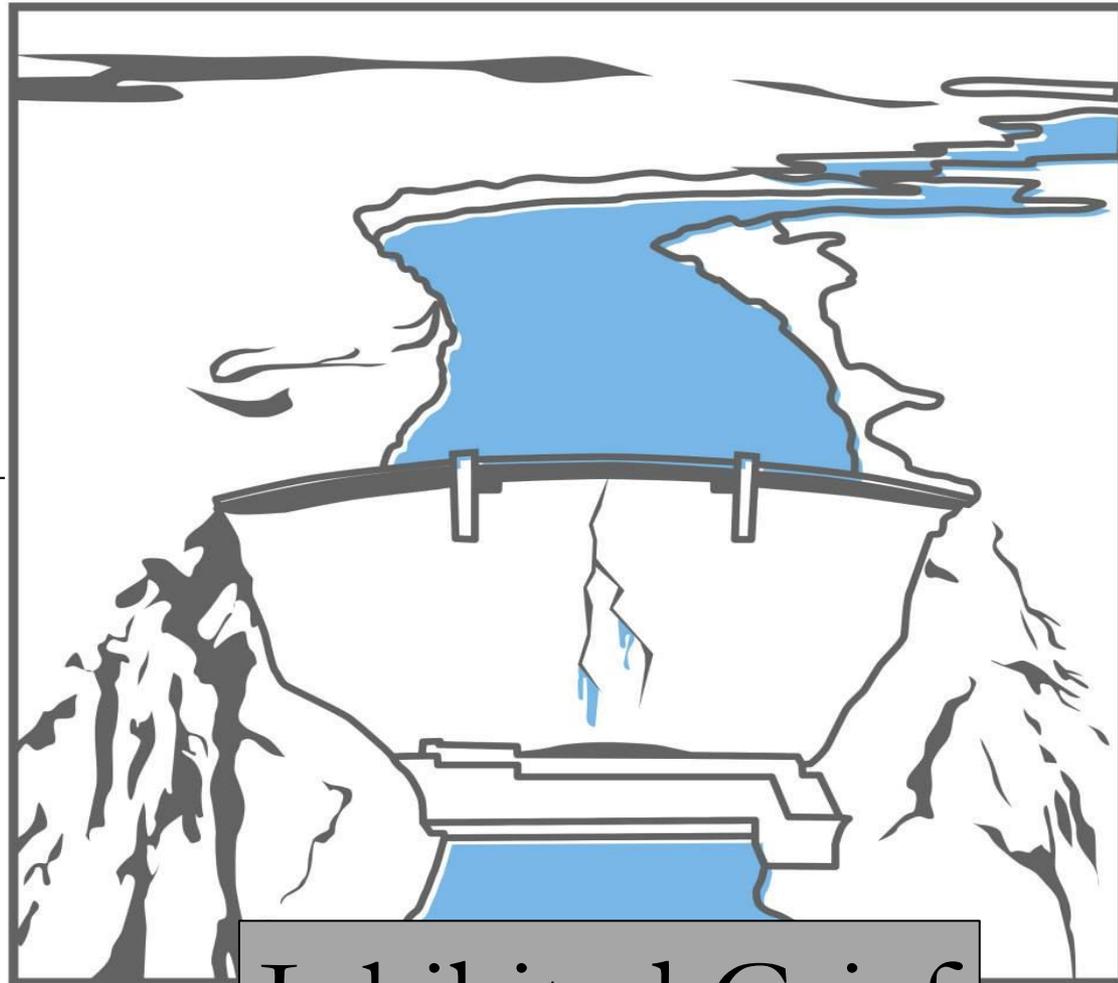
Dialectical Dilemmas

Unrelenting Crisis



Inhibited Grief

Dialectical Dilemmas



Inhibited Grief

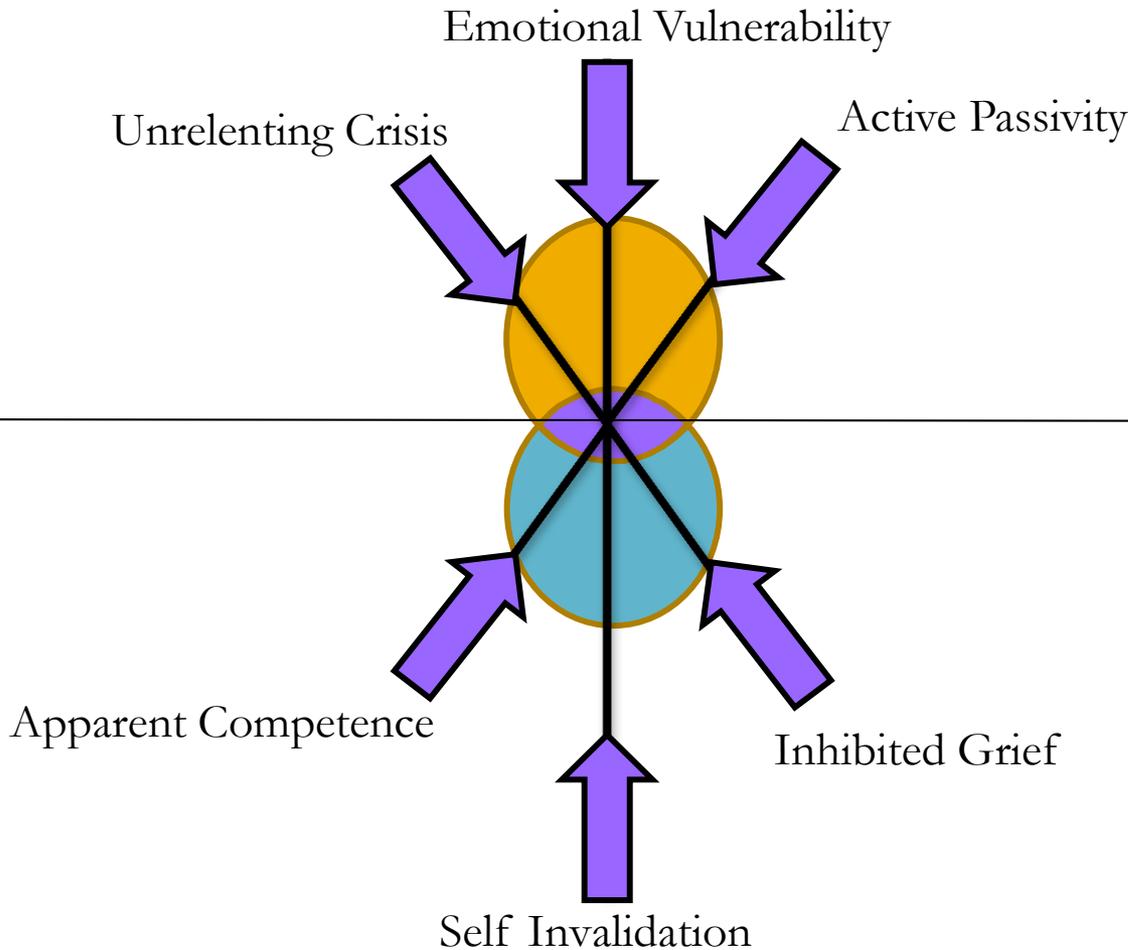
Dialectical Dilemmas

Unrelenting Crisis



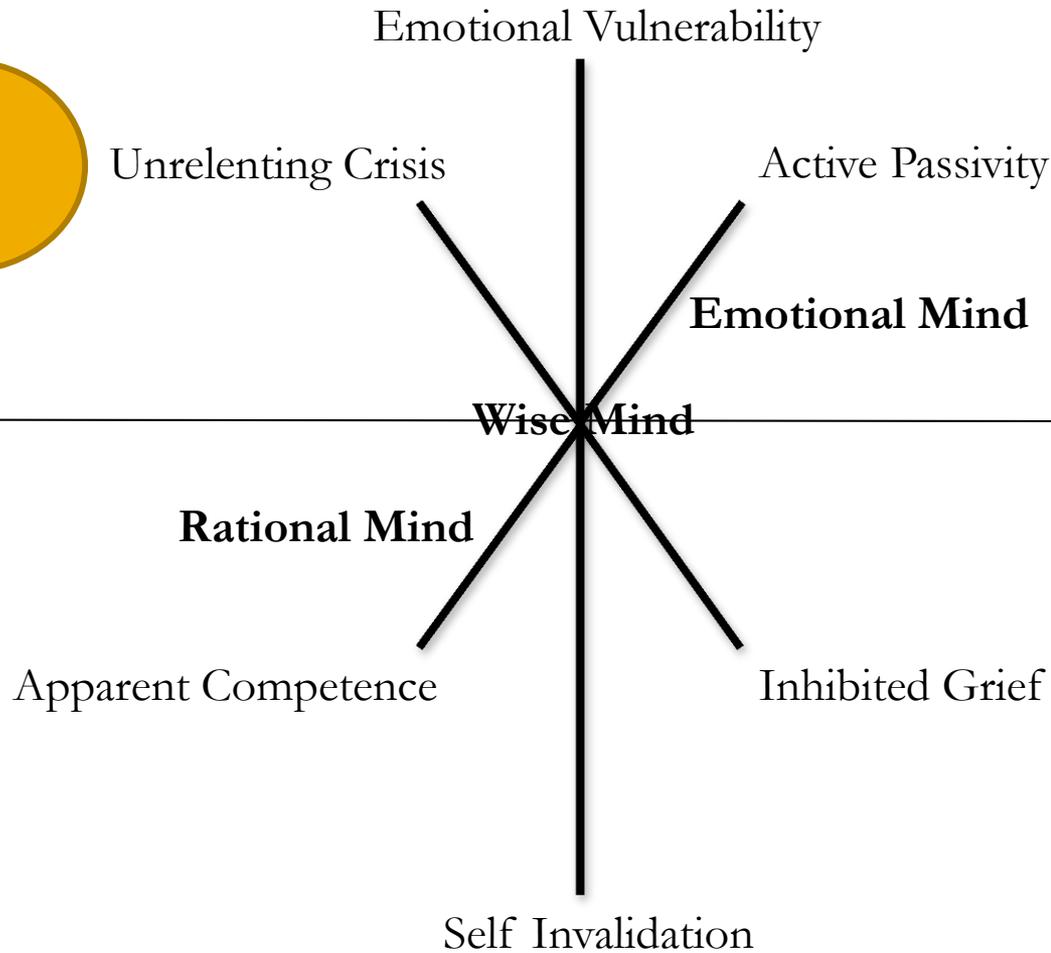
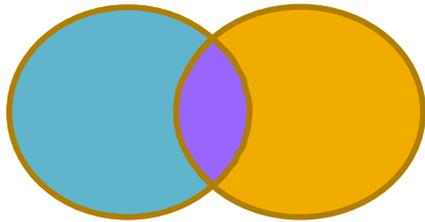


Dialectical Dilemmas



Balancing
in
Wise Mind
is the goal

Dialectical Dilemmas



Skills Modules

Self Dysfunction/
Cognitive Dysregulation

Mindfulness

Emotional Dysregulation

*Emotion
Regulation*

Distress
Tolerance

Behavioral Dysregulation

**Interpersonal
Effectiveness**

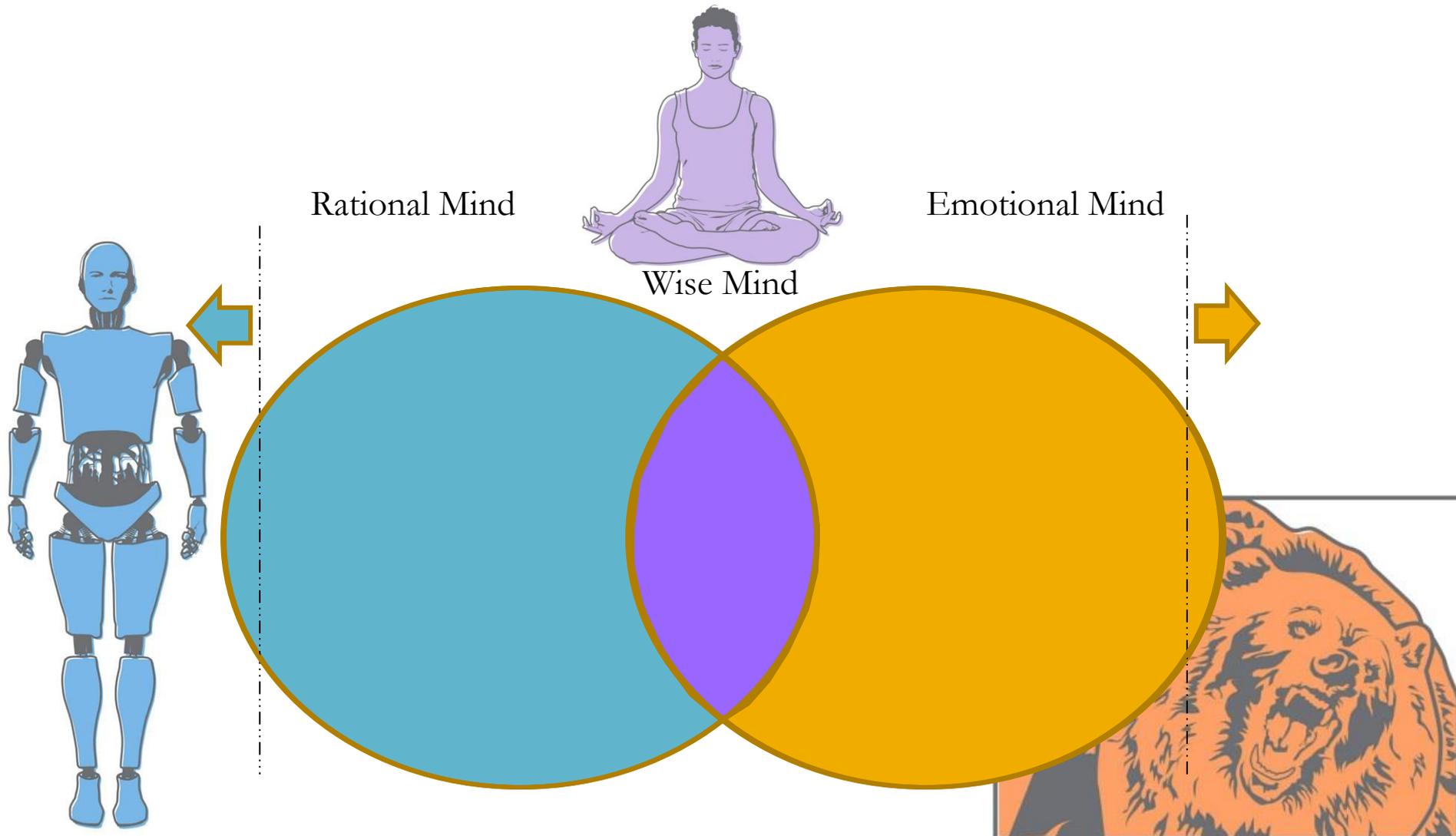
Interpersonal Dysregulation

A stylized illustration of a person with dark hair, wearing a purple tank top and purple pants, sitting in a lotus position with eyes closed. The background is a light blue gradient with a thick yellow horizontal band. A large, bold, yellow letter 'T' is positioned behind the person's head and shoulders. The word 'Mindfulness' is written in a bold, black, serif font across the middle of the image.

Mindfulness

SKILLS

Wise Mind



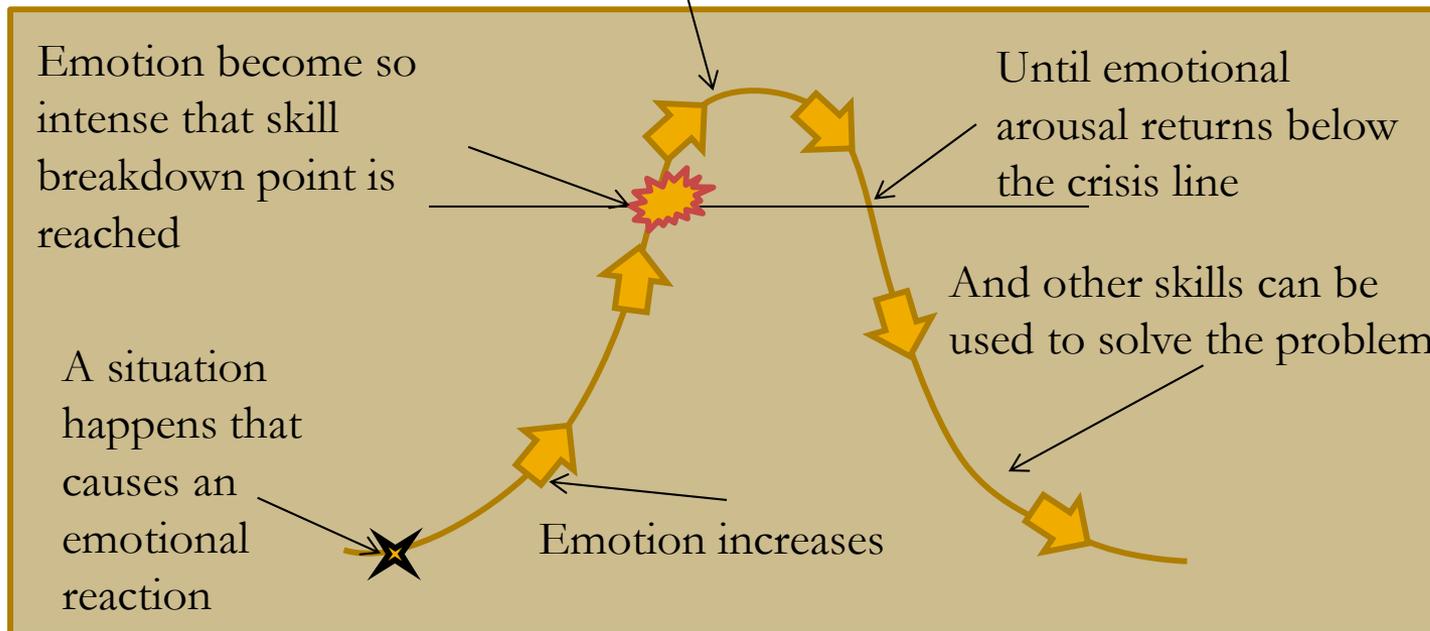
Distress Tolerance

SKILLS

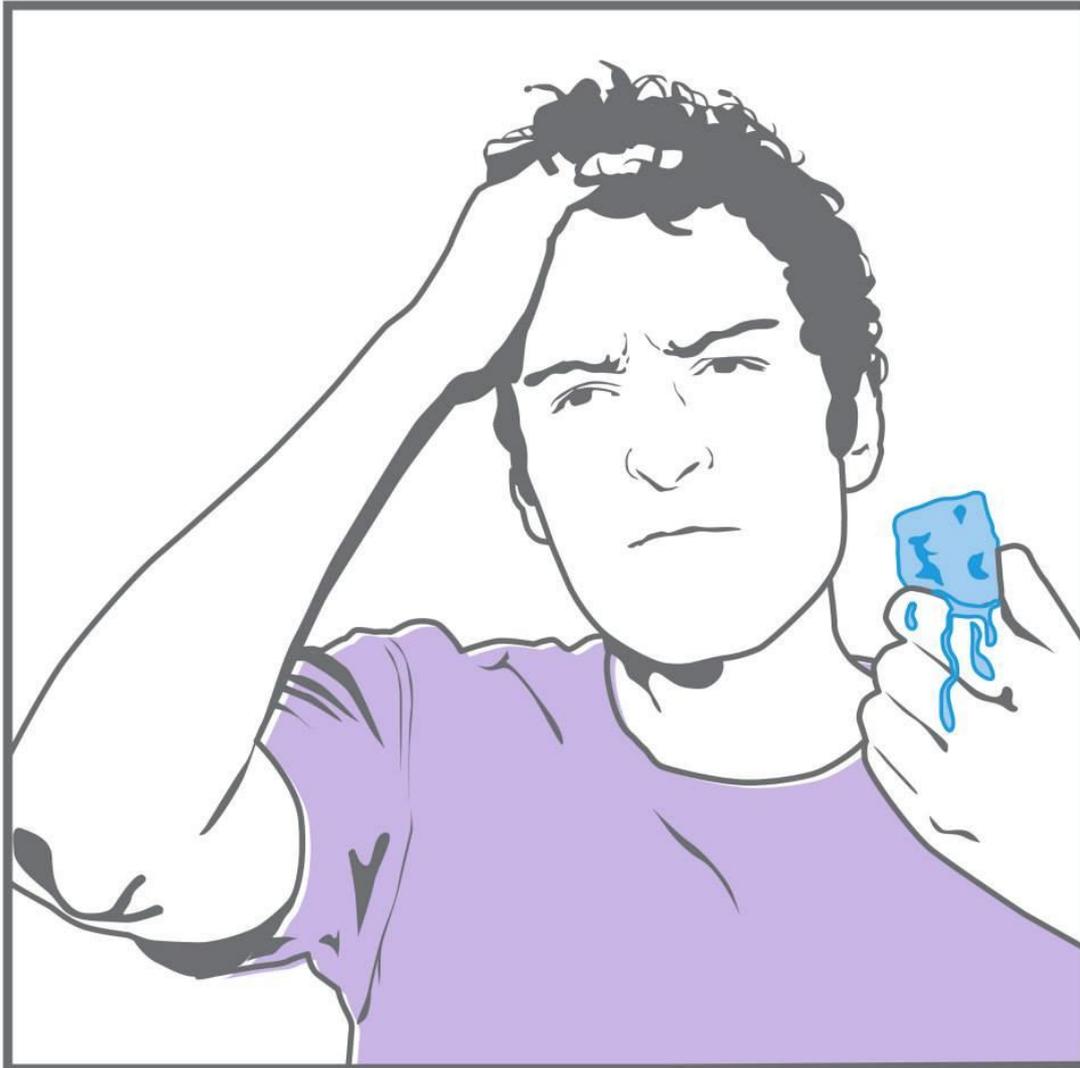


Distress Tolerance

Use distress tolerance skills
to withstand the situation and not make it worse



Distress Tolerance - TIPPP



T

temperature change

Distress Tolerance - TIPP

I

Intense Exercise



Distress Tolerance - TIPPP

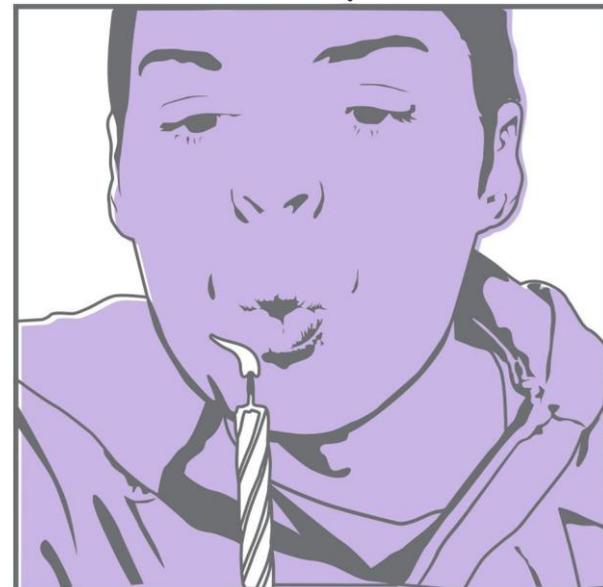
Breathe in through your nose.



P

aced Breathing

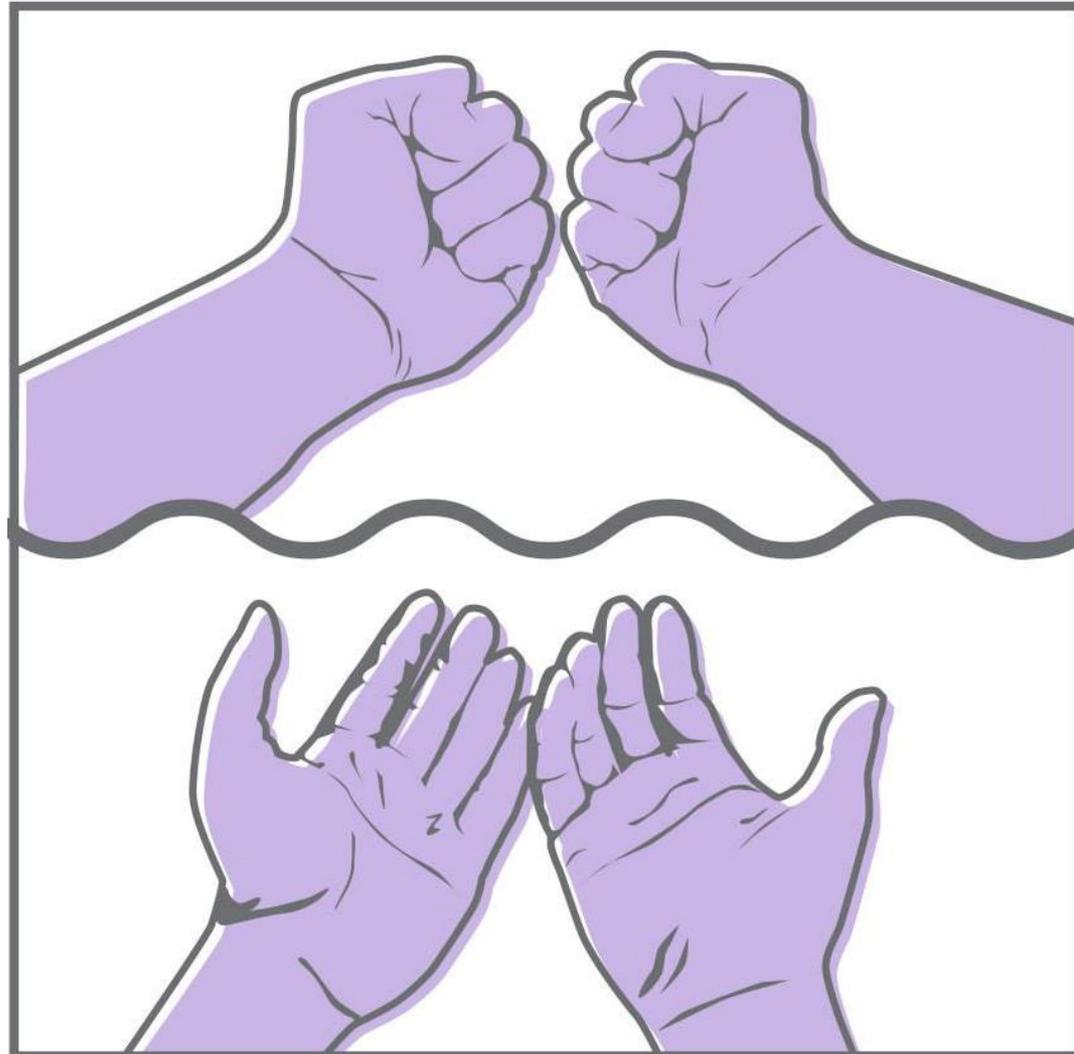
Breathe out through your mouth.



Distress Tolerance - TIPP

P

aired Muscle Relaxation



Emotion Regulation



Skills

Emotions

Motivate

Communicate

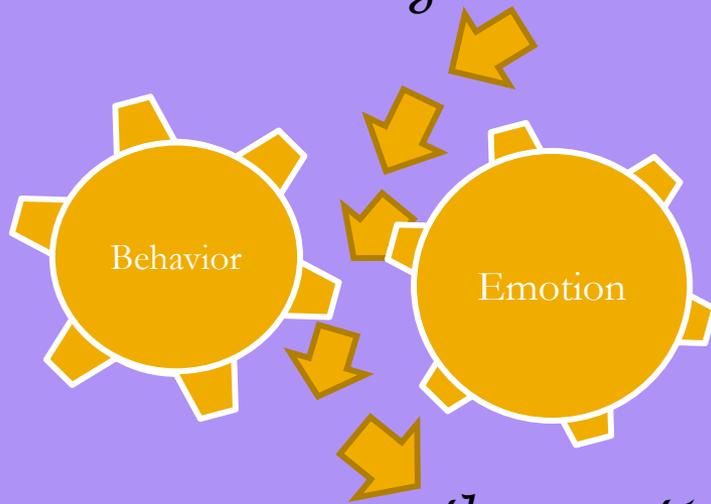
& Influence Others

&

Communicate to Ourselves

Opposite Action

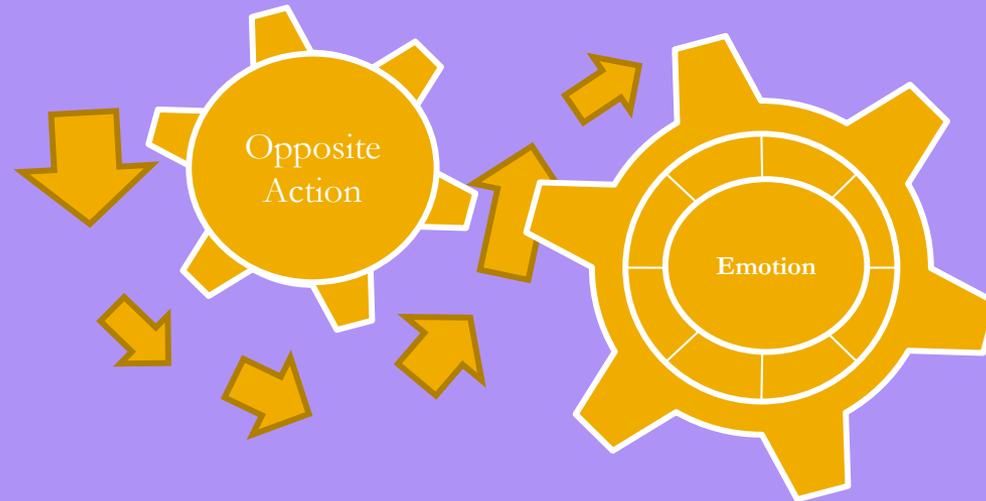
When you follow the behavioral urge...



the emotion continues and gets bigger.

Opposite Action

If you practice Opposite Action...

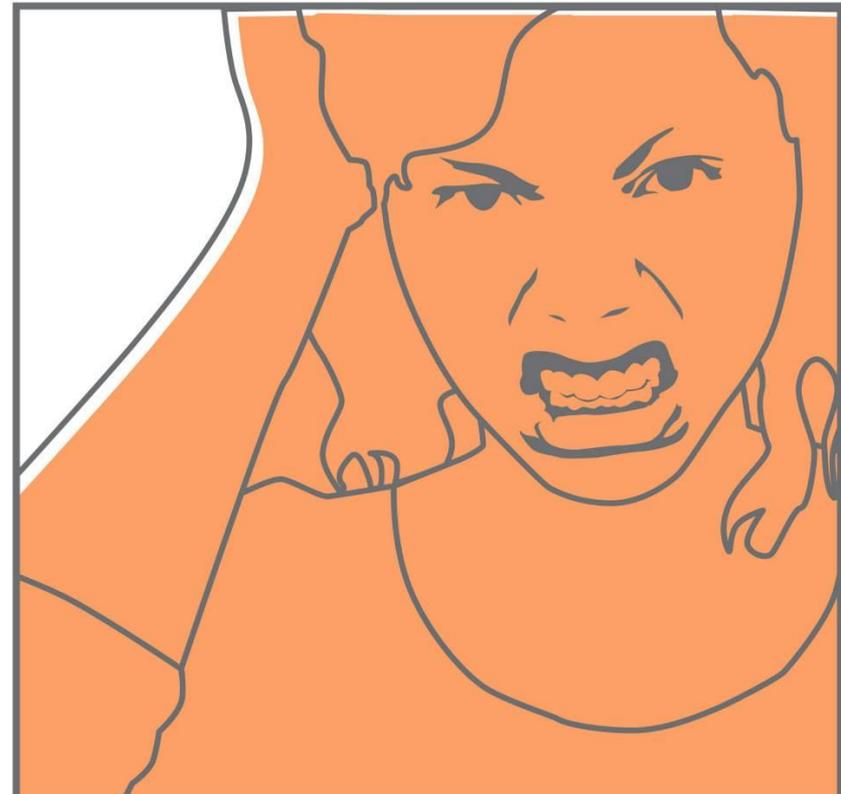


the emotion will get smaller.

Anger

∞ Justified:

Goal Blocked



Anger

∞ Action Urge:

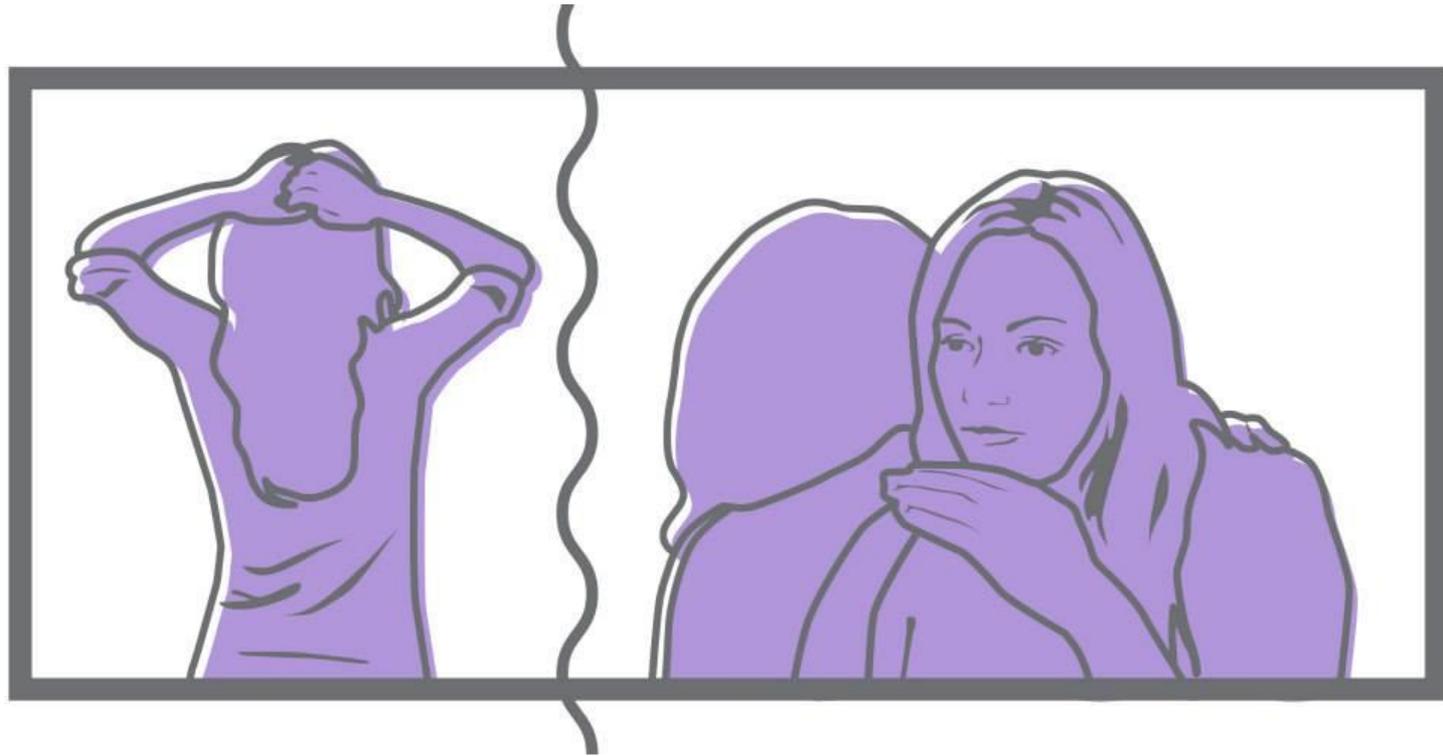
- Attack



Anger

∞ Opposite Action

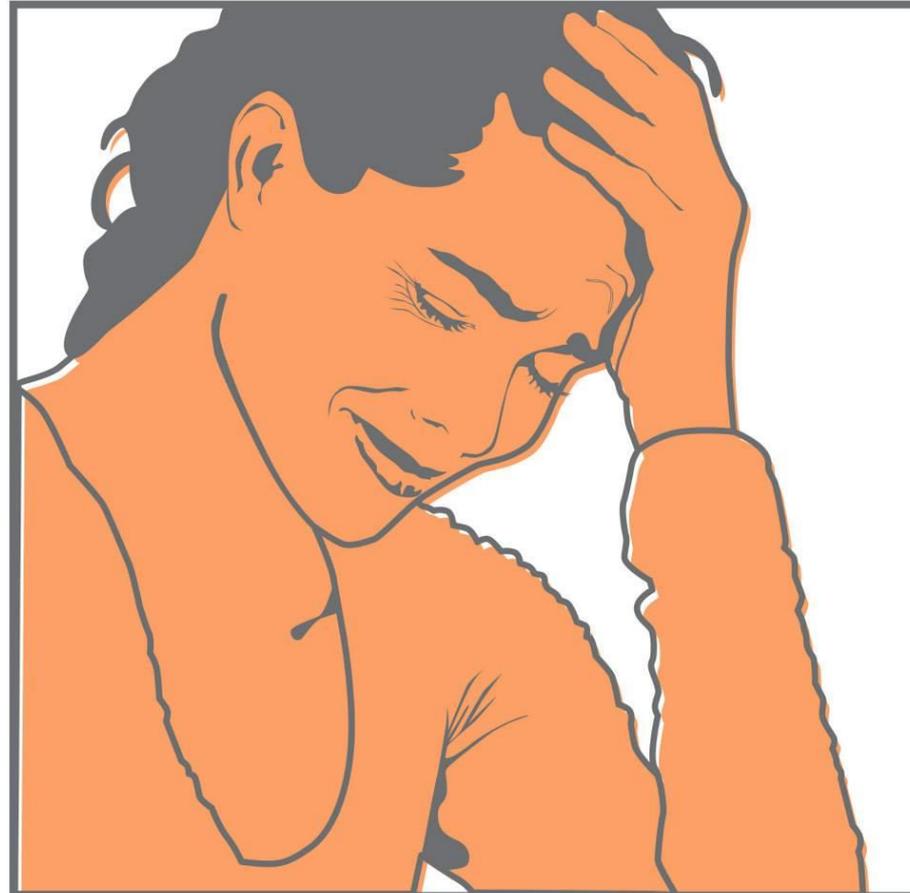
- Step 1: Gently avoid
 - Take a time-out
- Step 2: Do something a little bit nice, have empathy.



Sadness

∞ Justified:

LOSS



Sadness

∞ Action Urge:

- Withdraw



Sadness

- ∞ Opposite Action:
 - Engage



Fear

∞ Justified:

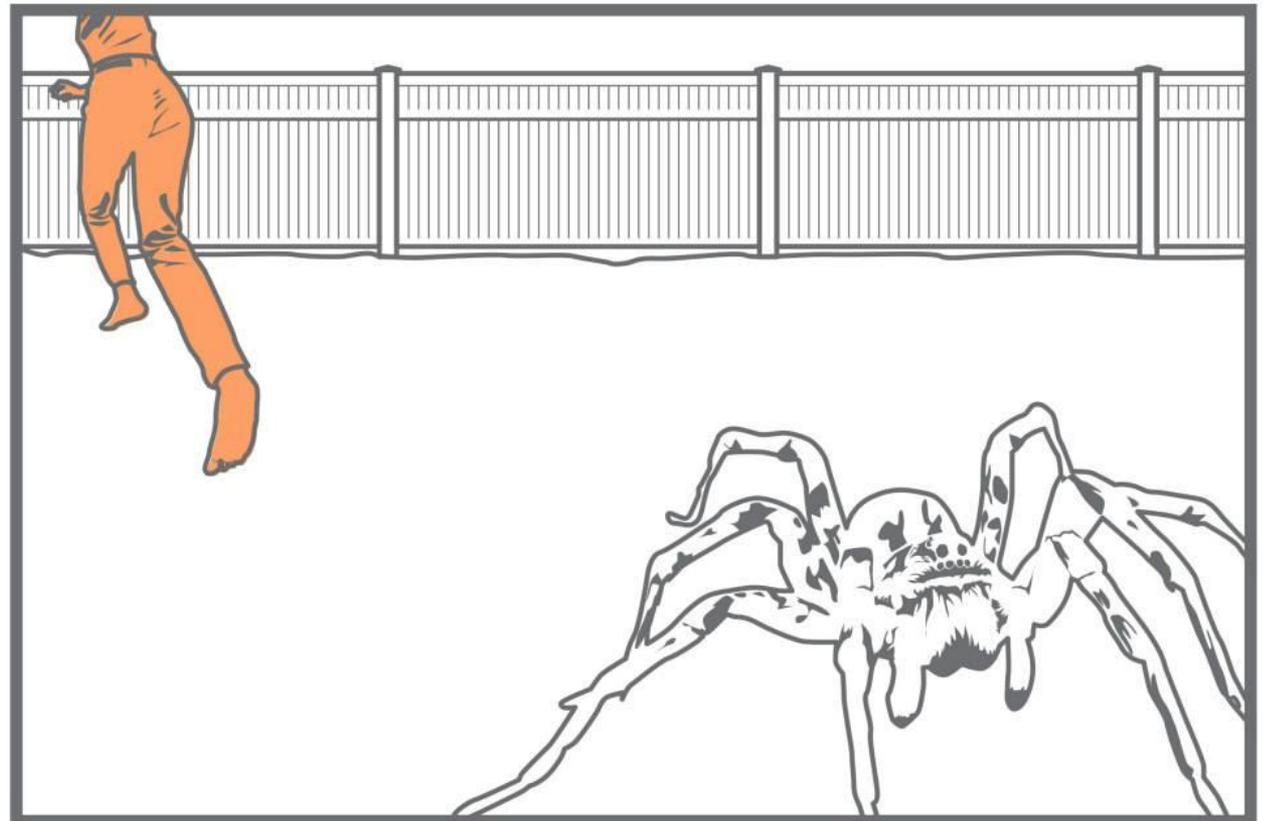
Danger



Fear

∞ Action Urge:

- Avoid



Fear

∞ Opposite Action

- Approach



Joy or Love

∞ Justified:

**Life
Improved**



Joy or Love

∞ Action Urge:

- Repeat



Joy or Love

∞ Opposite Action:

- Avoid
- Ignore
- Distract



Shame

∞ Justified:

**Violation
of Morals**



Shame & Guilt

∞ Action Urge:

- Hide

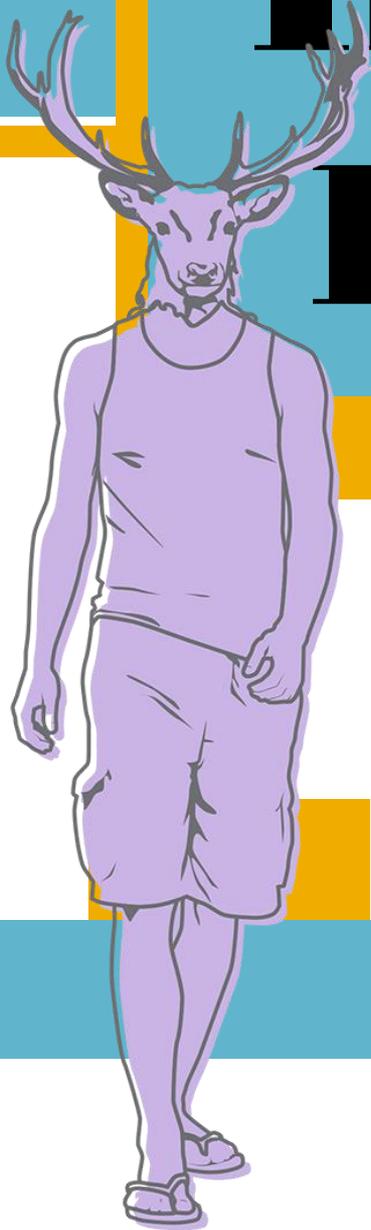


Shame & Guilt

- ∞ Opposite Action:
 - Show up, be proud



Interpersonal Effectiveness



SKILLS

Interpersonal Effectiveness

Get what you want with...

D

escribe the situation

E

xpress your thoughts and feelings

A

ssert your needs

R

einforce the
consequences

M

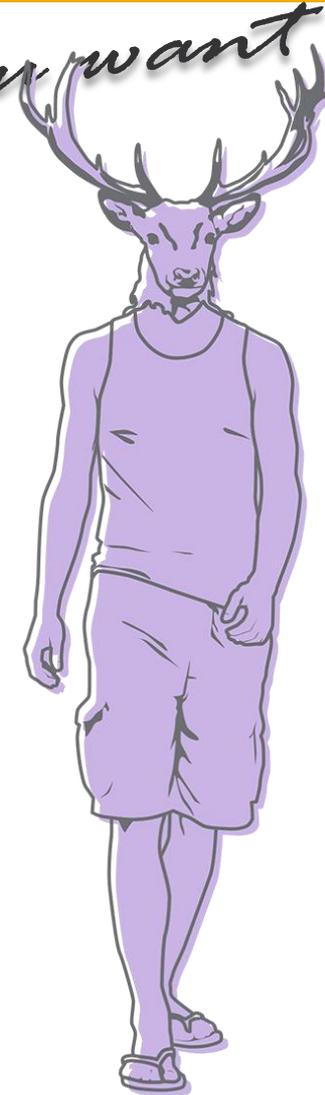
Stay mindful of your goal

A

pppear confident

N

egotiate



Interpersonal Effectiveness

Keep your relationships!



Gentle

Interested

Validating

Easy manner

Interpersonal Effectiveness

Be **F**air

Don't **A**pologize

Stick to your value

Be **T**ruthful

Keep your self respect!



Individual *Therapy*

Telephone

Consultation

Group
Therapy

Consultation

Team

Skills Modules

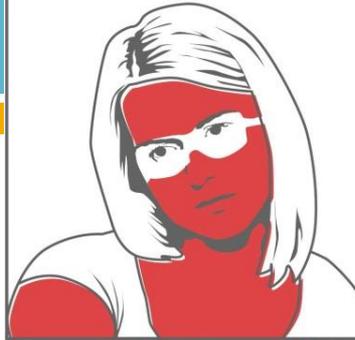
Mindfulness

*Emotion
Regulation*

**Interpersonal
Effectiveness**

Distress
Tolerance

Emotional Vulnerability



Unrelenting Crisis

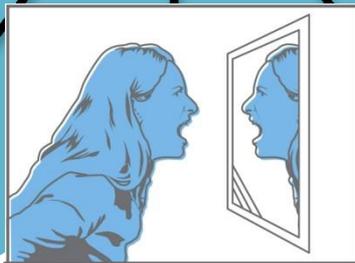


Active Passivity

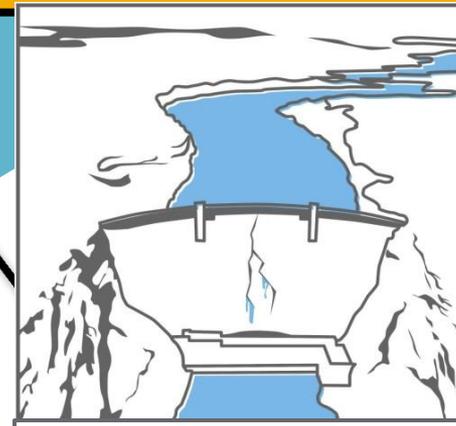
Dialectical Dilemmas



Apparent Competence



Self Invalidation



Inhibited Grief