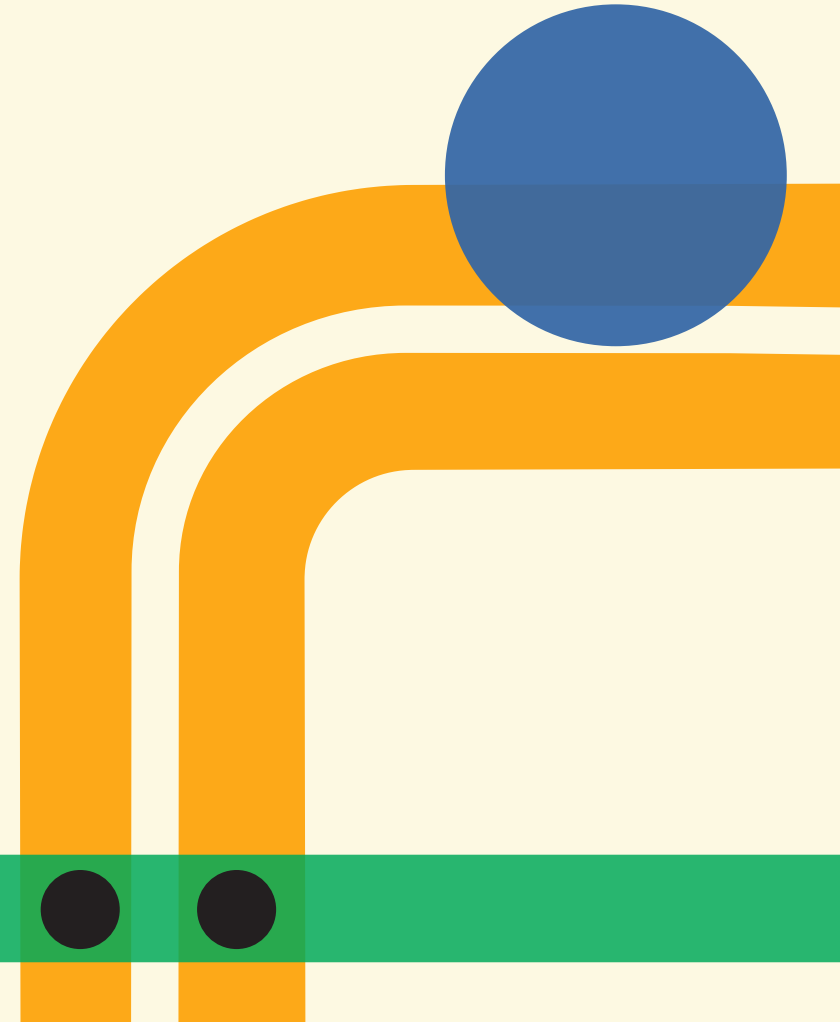
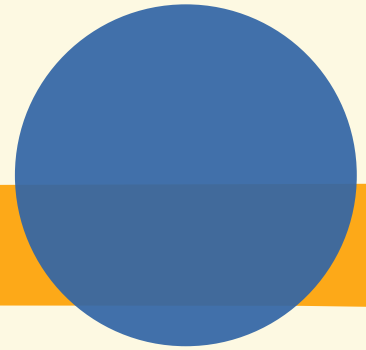


## DBT Skills Group

**Goal:** Learn DBT skills to help manage strong emotions, unhelpful behavior urges, improving relationships, and navigate stressful situations in your life, and to achieve readiness for trauma exposures

**Daily Format:**

- Brief mindfulness exercise
- Review of previous day's skills practice
- Learn and try out new skills
- Assign outside practice



The background features abstract geometric elements: a thick red line in the top right corner, a green line on the left that curves and then runs horizontally across the bottom, and a blue line that runs horizontally across the bottom, overlapping the green line. There are two small black dots, one on the green line and one on the blue line. A solid orange circle is positioned on the left side of the image.

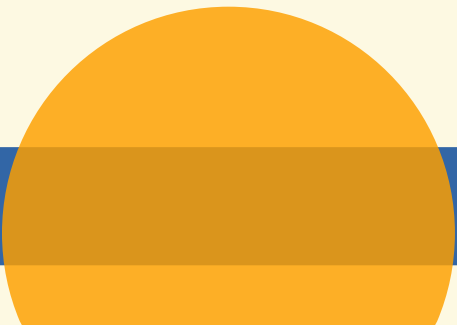
# **Mindfulness practice**

# Homework review: STOP skill

**Identify a personal example of unhelpful behaviors you tend to do in response to trauma triggers, and identify at least 2 warning signs that happen before this behavior**

**OR**

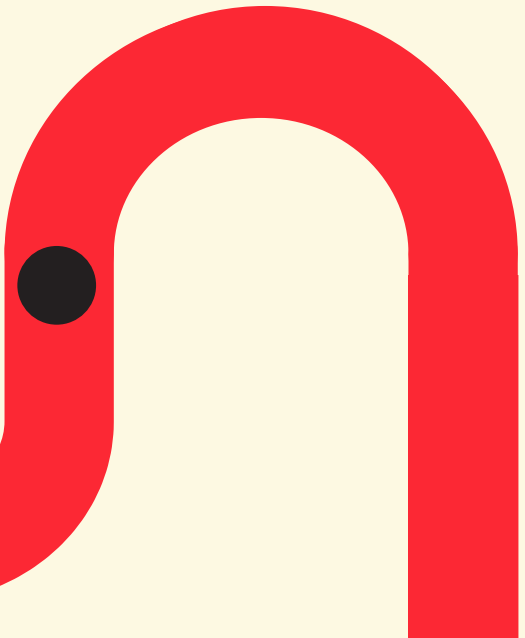
**Complete a full practice of STOP skill in response to any unhelpful urge, and write down the results using Worksheet**





# DBT Skills Categories

- **Mindfulness**
- **Distress Tolerance**
- **Emotion Regulation**
- **Interpersonal Effectiveness**



***Today's skill:***

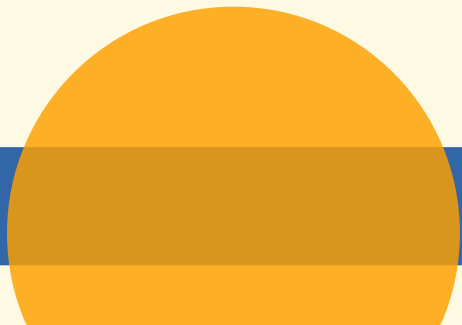
**T**emperature

**I**ntense exercise

**P**aced breathing

**P**rogressive muscle relaxation

***QUICKLY reduce emotional arousal through changing your  
body chemistry (parasympathetic nervous system)***





# What do TIPP skills do?

- **Encountering a trauma reminder can trigger “fight or flight” response, which activates sympathetic nervous system response, e.g.:**
  - Racing heart
  - Hyperventilation
  - Adrenaline/excess energy
  - Upset stomach (as blood moves away from digestion and towards extremities to prepare to “fight” or “flee”)
- **TIPP skills are strategies for activating Parasympathetic Nervous System, which reverses these physical effects**





# When to use TIPPP?

- **Crisis survival skill: to get through a crisis or when you are overwhelmed by your emotions and urges, without making the situation worse.**
- Won't take away stressors or "work" as well as avoidance behaviors
- Don't need to feel better, but might make situations feel more manageable
- Only for short-term, high distress situations
  - Ex) Intense pain that won't go away quickly, especially if you have to focus on another goal
  - Ex) Want to act on emotion mind urges that would be unsafe or make things worse
  - Ex) Intense emotions in response to problems that can't be solved quickly



# TIPP the temperature

- Activate “**dive reflex**” – all mammals’ heart rate to slow down when immersed in very cold water without oxygen
- How-to:
  - Use bowl/sink of ice water (>50 degrees), baggies with cold water, ice pack/frozen veggies wrapped in damp paper towel on eyes/cheeks
  - Bend over and hold your breath to increase effect
  - Do this for 30-60 seconds
  - Sit quietly (distraction may reduce effect), may need skill f/u
- Use when: urge to engage in dangerous/problem behaviors, overwhelmed with emotion, dissociating
- **Note: different from using cold temperature for grounding (cold shower, holding ice cubes, etc.) – these do not trigger dive reflex!**

*\*Note seek medical advice if may have **heart condition** (reduces heart rate) or cold allergy*







## Intense exercise

- Gives your body a better alternative to fight-or-flight urge to act and can reduce the feeling that you *have* to do something
- How to: aerobic exercise for 20-30 min, or as long as you have!
  - Get heart rate up
  - Get creative – stairs, jumping jacks, wall sits, cleaning, dancing
  - Be mindful of physical limitations
- Use when: agitated, angry, ruminating and can't stop, restless





# Paced breathing

- Interrupts cycle of hyperventilation that feeds anxiety spiral
- Grounding to focus attention, get out of head
- How to:
  - Breathe deeply and **slowly** from the **abdomen**
  - Breathe **out** should be **longer** than breathing in (e.g., 5 in, 7 out)
  - Problem solve/play around
    - Find pace that's comfortable for you
    - Deep enough in-breath so have enough to get –
    - Doesn't need to be special way (eyes open or closed, nose or mouth)
- Use when:
  - Panic/high anxiety, take space before acting on anger, when need to do skill discreetly



# Paired muscle relaxation

- Process of tensing muscles, then pairing relaxing them with breathing out
- Tensing first helps relax muscles more – like a pendulum
- Also helps you notice and correct muscle tension in other situations
- How to:
  - Tense muscle groups, feel the tension while breathing in
  - Relax them, exhale slowly, notice as the muscle tension goes down
  - Optional: say in your mind, “Relax”
  - Play around with muscle groupings that work for you
- Use when: angry/tense, need to release energy but can't do intense exercise, to help with sleep, restlessness, body aches/muscle tension
  - Can be discreet, and also serve as grounding with bodily sensations



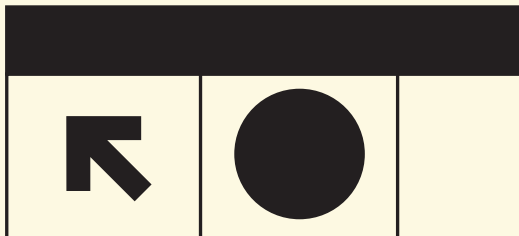
# Homework

- **Practice at least one of the TIPP skills during a moment when you feel low to moderate distress and use worksheet to record results**

**OR**

- **Practice during moment of high distress and use worksheet to record results**





## DISTRESS TOLERANCE WORKSHEET 4

(Distress Tolerance Handouts 6, 6a, 6b)

### Changing Body Chemistry with TIP Skills

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Describe the situation you were in when you chose to practice each skill. Rate both your emotional arousal and distress tolerance before and after using the TIP skill. Describe what you actually did. Use the back of this sheet if necessary.

#### **CHANGING MY FACIAL TEMPERATURE**

Used cold water to change emotions

Situation: \_\_\_\_\_

Arousal (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: \_\_\_\_\_ After: \_\_\_\_\_

What I did (describe): \_\_\_\_\_

#### **INTENSE EXERCISE**

Situation: \_\_\_\_\_

Arousal (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: \_\_\_\_\_ After: \_\_\_\_\_

What I did (describe): \_\_\_\_\_

#### **PACED BREATHING**

Situation: \_\_\_\_\_

Arousal (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: \_\_\_\_\_ After: \_\_\_\_\_

What I did (describe): \_\_\_\_\_

#### **PAIRED MUSCLE RELAXATION**

Situation: \_\_\_\_\_

Arousal (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: \_\_\_\_\_ After: \_\_\_\_\_

What I did (describe): \_\_\_\_\_