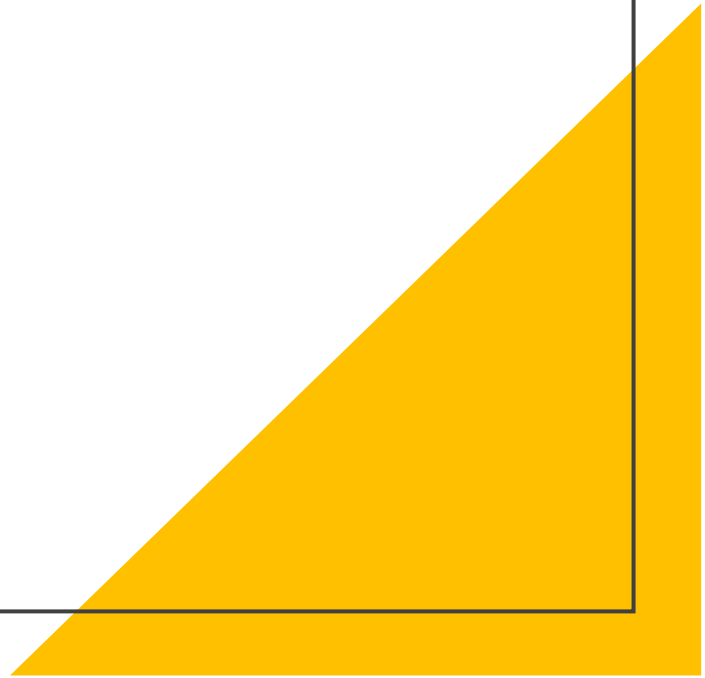


Essential DBT Skills for Individuals Who are Suicidal and the People that Care for Them

Shireen L. Rizvi, Ph.D., ABPP
CAMS-care Webinar

May 9, 2023



acknowledgments

DBT-RU

Dialectical Behavior Therapy
Clinic at Rutgers University

- DBT-RU postdocs, students, research assistants
- Collaborators including Evan Kleiman, PhD; Jesse Finkelstein, PsyM
- You! Thank you for coming.

about me

DBT-RU

Dialectical Behavior Therapy
Clinic at Rutgers University

- Faculty member at Rutgers Graduate School of Applied and Professional Psychology (GSAPP) since 2009
- Licensed clinical psychologist – board certified in cognitive behavioral therapy (CBT) and Dialectical Behavior Therapy (DBT)
- Director of the Dialectical Behavior Therapy Clinic at Rutgers (DBT-RU)
- Dedicated to teaching DBT skills

Global increase in depression and anxiety

TIMES INSIDER

Why Therapists Are Worried About Mental Health in America Right Now

The Times recently asked mental health professionals from across the country to share how their patients — and they themselves — are coping with the coronavirus crisis.

[HOME](#) > [HEALTHCARE](#)

The pandemic is worsening mental health for women, middle-aged adults, a new survey finds

Reed Alexander Jul 31, 2021, 3:50 PM

Mental health woes grow while spending declines, study finds

Americans more depressed now than decades ago

HEALTH

Rates of depression and anxiety climbed across the globe in 2020, analysis finds



By [Theresa Gaffney](#) Oct. 8, 2021

[Reprints](#)

Mental health declining among disadvantaged American adults

Education

'A cry for help': CDC warns of a steep decline in teen mental health

More than 4 in 10 told the health agency they felt 'persistently sad or hopeless'

By Moriah Balingit

March 31, 2022 at 1:00 p.m. EDT

There's A Mental Health Crisis On College Campuses — Does Anyone Care?

Mental health issues increased significantly in young adults over last decade

Jul 12, 2021

A third of young people reported worsening mental health during pandemic

Disrupted social connections a factor, study finds

Mental Health of America's Children Only Getting Worse

Surgeon General Warns of Youth Mental Health Crisis

The coronavirus pandemic intensified a rise in adolescent depression, anxiety and mental health distress that was underway before the spring of 2020.

Teens are increasingly depressed, anxious, and suicidal. How can we help?

There are good research-backed solutions to prevent suicide among young people.

By Brian Resnick | @B_resnick | brian@vox.com | Updated Oct 17, 2019, 9:51am EDT

f t SHARE

STUDIES SHOW

There's a Mental-Health Crisis Among American Children. Why?

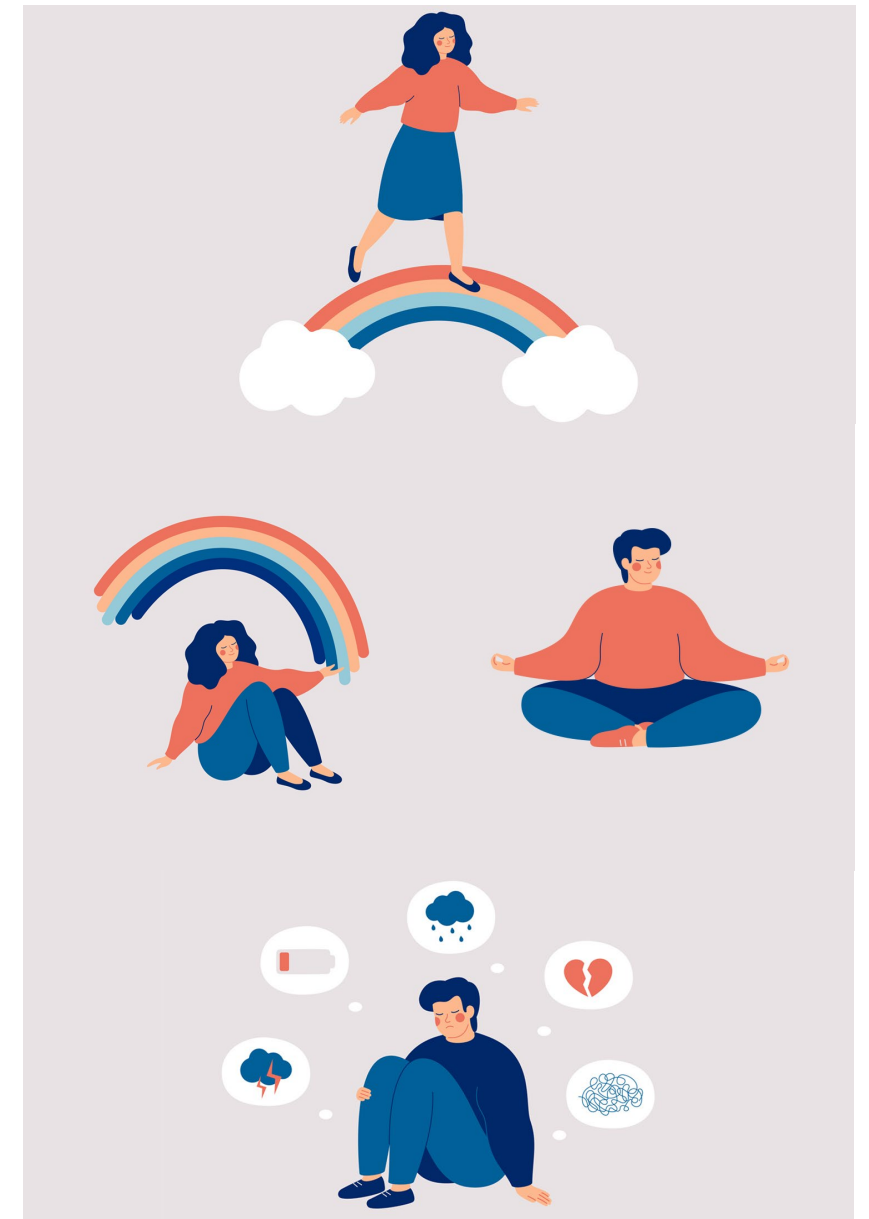
The pandemic is not the only reason.

The mental health crisis on campus and how colleges can fix it

Published: January 6, 2020 7:07am EST

what can we do?*

1. Solve our problems
2. Feel better about our problems
3. Accept our problems
4. Stay miserable



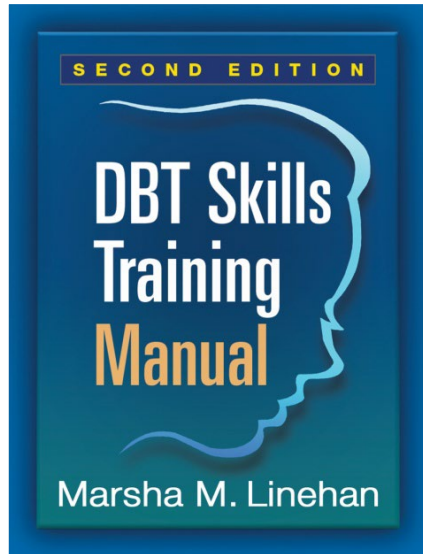
* From Linehan (2015) DBT Skills Training Manual

dialectical behavior therapy (DBT) skills

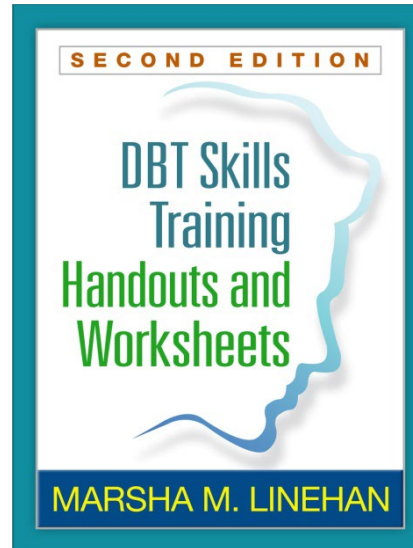


- Developed by Dr. Marsha Linehan, University of Washington
- Part of a comprehensive treatment program for people with complex mental health problems
- DBT skills have been found to improve a range of mental health problems, including depression and anxiety

DBT Skills Manuals



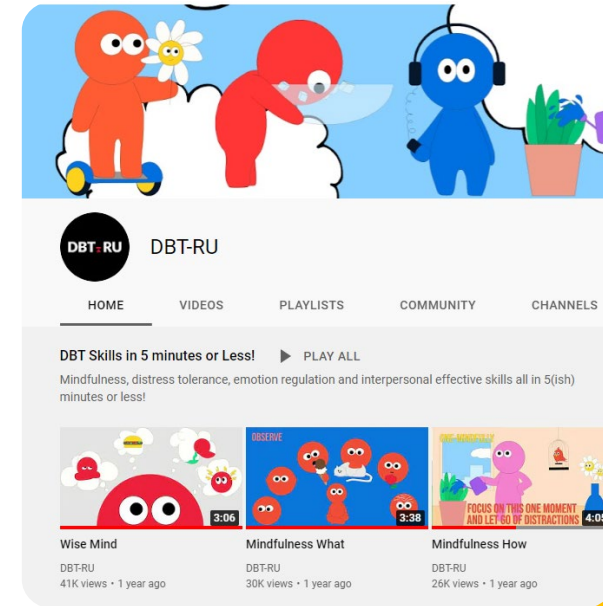
Comprehensive manual for clinicians delivering DBT skills training.



225+ handouts and worksheets for clients learning DBT skills

Skills Videos

[Youtube.com/dbtru](https://www.youtube.com/dbtru)



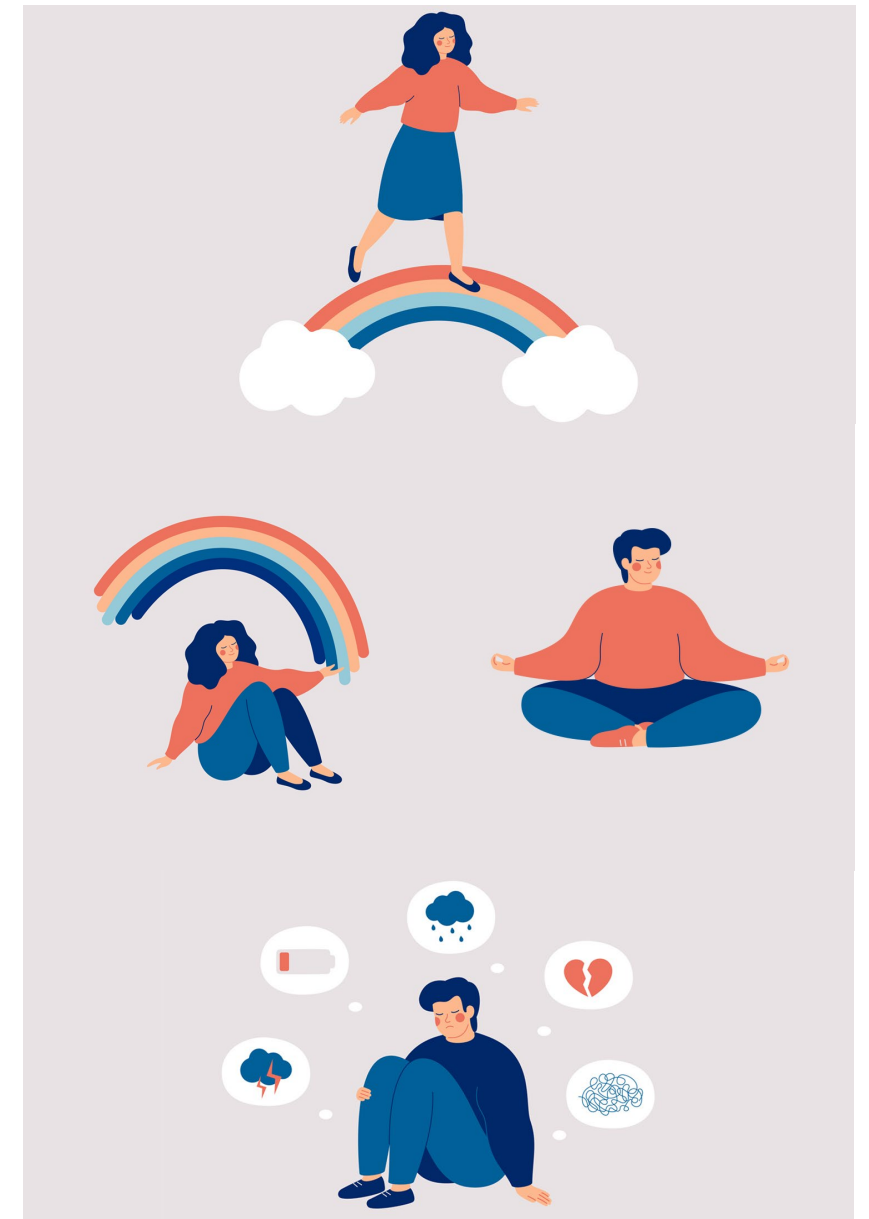
DBT Skills Modules – Dialectically Balanced



- Mindfulness
- Interpersonal Effectiveness
- Emotion Regulation
- Distress Tolerance
 - Crisis Survival
 - Reality Acceptance

what can we do?*

1. Solve our problems
2. Feel better about our problems
3. Accept our problems
4. ~~Stay miserable~~



* Adapted from Linehan (2015)

4(ish) Skills of the Day

Mindfulness of Current Emotion

Emotion Regulation: ABC PLEASE

Crisis Survival: TIP

Radical Acceptance



mindfulness

Mindfulness of Current Emotions

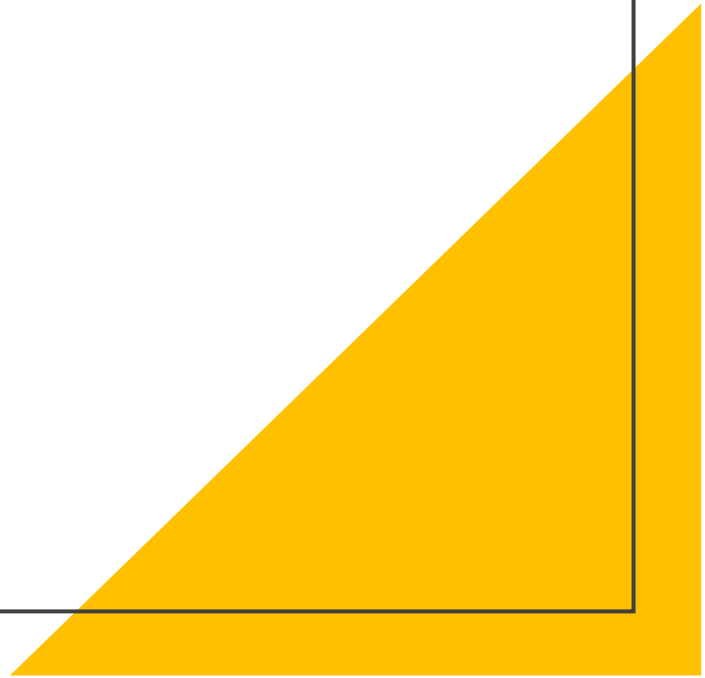
Mindfulness: *Paying attention, on purpose, in the present moment, nonjudgmentally. (Adapted from John Kabat-Zinn)*

Can be applied to any object of focus

Learn to “surf” emotions like a wave

Remember: You are not your emotion.

Remember: No emotion lasts forever.



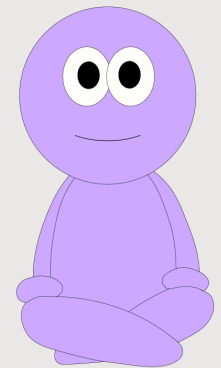


emotion
regulation

“ABC PLEASE” – Reduce Vulnerability

- Accumulate Positives
 - Short-term
 - Long-term
- Build Mastery
- Cope Ahead of Time
- PLEASE

P
L 1. TREAT **P**HYSICAL ILLNESSS
E 2. BALANCE **E**ATING
A 3. AVOID MOOD-**A**LTERING DRUGS
S 4. BALANCE **S**LEEP
E 5. GET **E**XERCISE





crisis
survival

Crisis Survival

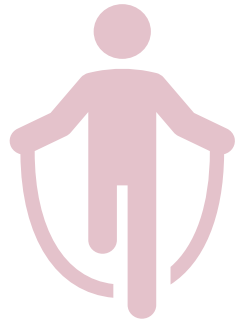
- How to get through difficult times (“crises”) in effective ways, without doing anything to make situation (or your stress/anxiety) worse.
- Skills for tolerating painful events and emotions when you cannot make things better right away.

changing body chemistry with **TIP** skills



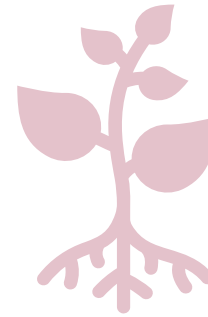
T

Temperature



I

Intense
Exercise



P

Paired Muscle
Relaxation



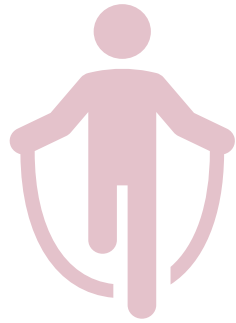
Paced
Breathing

changing body chemistry with **TIP** skills



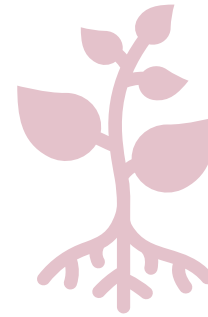
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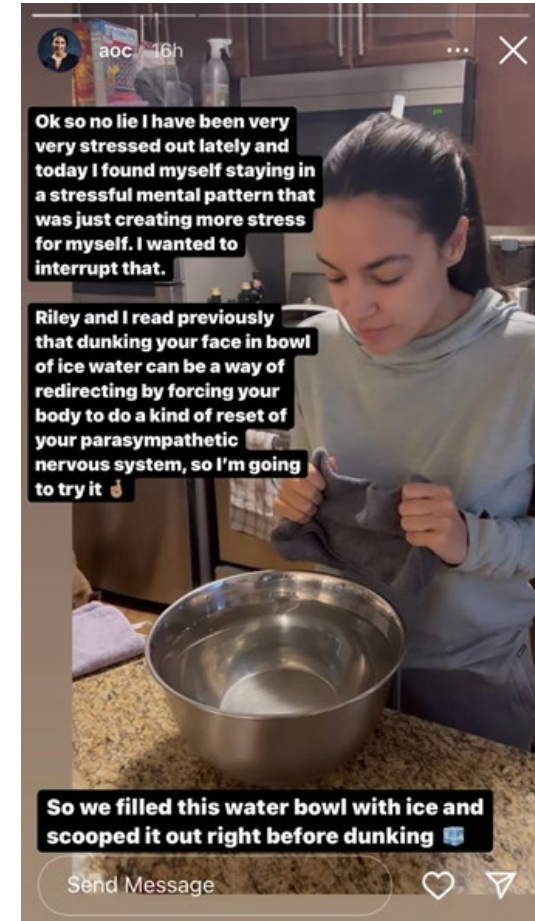
changing body chemistry with TIP skills



T

Temperature

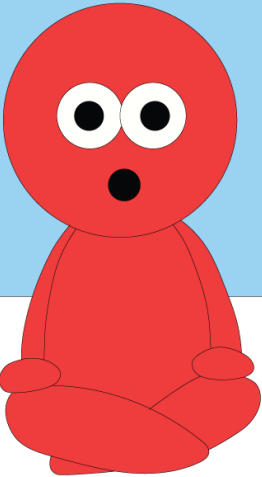
- Activates “the dive reflex”
- Increases parasympathetic nervous system
- Rapidly lowers heart rate
(**note: do NOT use if you have a heart condition or take beta blockers**)
- Hold breath, lower face into bowl, hold for > 20 seconds



changing body chemistry with **TIP** skills

PACED BREATHING

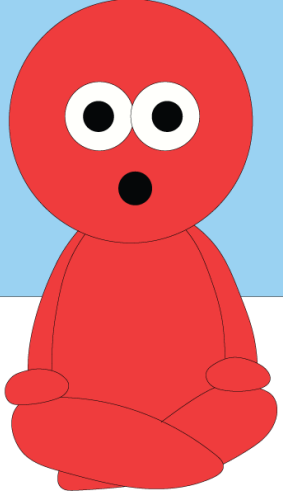
1. BREATHE FROM THE BELLY



2. SLOW YOUR BREATHING DOWN



3. MAKE YOUR EXHALE LONGER THAN YOUR INHALE



P

Paced
Breathing



reality
acceptance

Radical Acceptance

- When you cannot keep painful events and emotions from coming your way (i.e., life)
- Stop fighting reality and let go of bitterness
- Accept the moment with mind, body, and soul

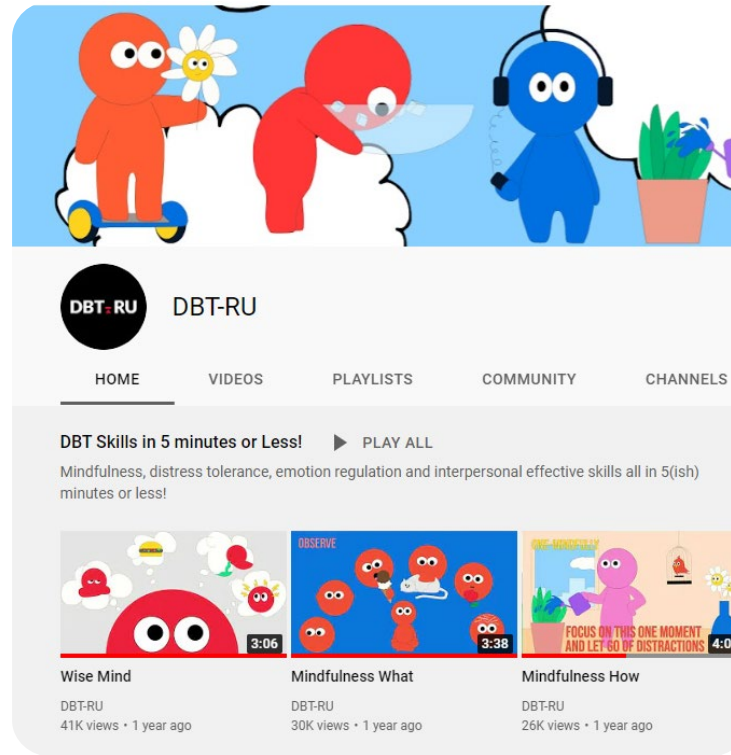
resources

Animated DBT skills videos:
[YouTube.com/dbtru](https://www.youtube.com/dbtru)

DBT Skills Crisis Plan:
<https://gsapp.rutgers.edu/centers-clinical-services/DBT/resources>

The Game of Real Life (Jesse Finkelstein):
Amazon or RandomHouse

Twitter:
[@DrShireenRizvi](https://twitter.com/DrShireenRizvi)



DBT Crisis Plan Last Updated: _____

Observing Warning Signs:
What signs indicate that a crisis may be developing? What body sensations (pit in stomach, heart racing, flushed, sweating, dizziness, etc.) should I look out for? What situations (argument with a loved one) etc. should I look out for (e.g., common links)?

Living Goals: What short and long term can I live with? How can I help me through this when it's painful?	Crisis Survival Skills! What skills can I use for when ineffective urges show up	
	My Go-To Distract Strategies	Favorite Ways to
	Activities	Hearing
	Contribution	Smell
	Comparison	Taste
	Emotions	Vision

