



# Shortcut to Starting a DBT Group in an ACT Program

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2 Weeks	6 Weeks
Core Mindfulness Skills	Interpersonal Effectiveness Skills
Core Mindfulness Skills	Emotion Regulation Skills
Core Mindfulness Skills	Distress Tolerance Skills



# INTERPERSONAL EFFECTIVENESS HOMEWORK SHEET 3

## Using Interpersonal Effectiveness Skills

Name \_\_\_\_\_ Week Starting \_\_\_\_\_

Fill out this sheet whenever you practice your interpersonal skills and whenever you have an opportunity to practice even if you don't (or almost don't) do anything to practice. Write on back of page if you need more room.

**PROMPTING EVENT** for my problem: Who did what to whom? What led up to what?

\_\_\_\_\_  
OBJECTIVES IN SITUATION (What results I want):

\_\_\_\_\_  
RELATIONSHIP ISSUE (How I want other person to feel about me):

\_\_\_\_\_  
SELF-RESPECT ISSUE (How I want to feel about myself):

\_\_\_\_\_  
What I SAID OR DID in the situation: (Describe and check below.)

**DEAR MAN** (Getting what I want):

- \_\_\_ Described situation?
- \_\_\_ Expressed feelings/opinions?
- \_\_\_ Asserted?
- \_\_\_ Reinforced?

- \_\_\_ Mindful?
- \_\_\_ Broken record?
- \_\_\_ Ignored attacks?
- \_\_\_ Appeared confident?
- \_\_\_ Negotiated?

**GIVE** (Keeping the relationship):

- \_\_\_ Gentle?
- \_\_\_ No threats?
- \_\_\_ No attacks?
- \_\_\_ No judgments?

- \_\_\_ Interested?
- \_\_\_ Validated?
- \_\_\_ Easy manner?

**FAST** (Keeping my respect for myself):

- \_\_\_ Fair?
- \_\_\_ (No) Apologies?

- \_\_\_ Stuck to values?
- \_\_\_ Truthful?

\_\_\_\_\_  
**INTENSITY OF MY RESPONSE** (0-6): \_\_\_\_\_ **INTENSITY I WANTED** (0-6): \_\_\_\_\_

(cont.)

# INTERPERSONAL EFFECTIVENESS HOMEWORK SHEET 3 (cont.)

## FACTORS REDUCING MY EFFECTIVENESS (check and describe)

\_\_\_ SKILLS LACKING:

\_\_\_ WORRY THOUGHTS:

\_\_\_ EMOTIONS INTERFERING:

\_\_\_ INDECISION:

\_\_\_ ENVIRONMENT:

<b>ASK?</b> (If more YES's than NO's, ASK)	<b>SAY NO?</b> (If more NO's than YES's, say NO)
YES NO Can person give me what I want?	<b>Capability</b> Do I have what person wants? YES NO
YES NO Good time for me to ask?	<b>Timeliness</b> Is it a bad time for me to say no? YES NO
YES NO Am I prepared?	<b>Homework</b> Is request clear? YES NO
YES NO Is what person does my business?	<b>Authority</b> Is person in authority over me? YES NO
YES NO Do I have a right to what I am asking for?	<b>Rights</b> Does saying no violate person's rights? YES NO
YES NO Is request appropriate to relationship?	<b>Relationship</b> Is request appropriate? YES NO
YES NO Am I asking less than I give?	<b>Reciprocity</b> Does person give me a lot? Do I owe person? YES NO
YES NO Is asking important to long-term goal?	<b>Goals</b> Does no interfere with long-term goal? YES NO
YES NO Am I acting competent?	<b>Respect</b> Does wise mind say yes? YES NO
___ SUM of YES responses	SUM of NO responses ___

### HIGH INTENSITY: TRY AND CHANGE THE SITUATION

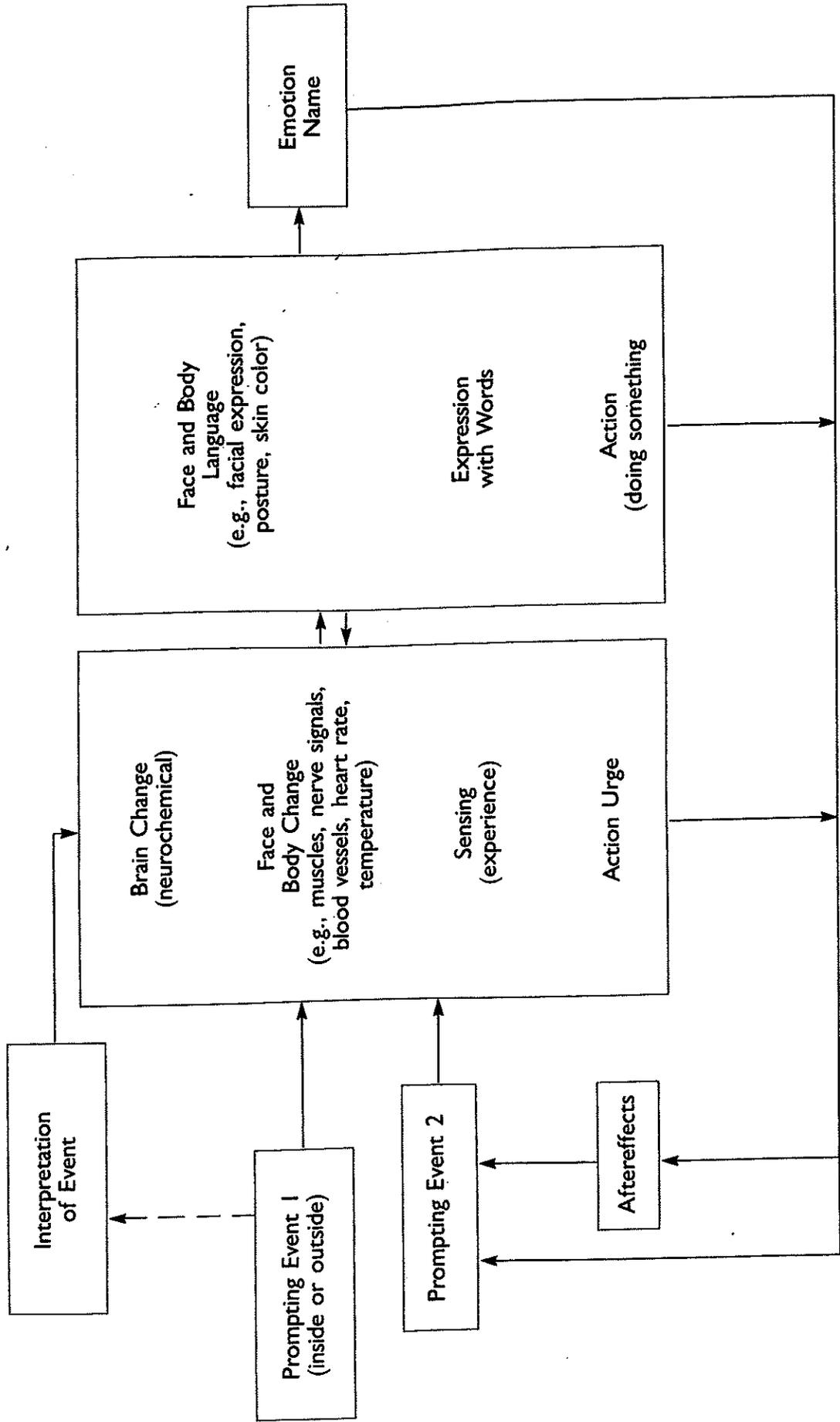
- Ask firmly, insist . . . **6** . . . Refuse firmly, don't give in.
- Ask firmly, resist no . . . **5** . . . Refuse firmly, resist giving in.
- Ask firmly, take no . . . **4** . . . Refuse firmly, but reconsider.
- Ask tentatively, take no . . . **3** . . . Express unwillingness.
- Hint openly, take no . . . **2** . . . Express unwillingness, but say yes.
- Hint indirectly, take no . . . **1** . . . Express hesitancy, say yes.
- Don't ask, don't hint . . . **0** . . . Do what other wants without being asked.

### LOW INTENSITY: ACCEPT THE SITUATION AS IT IS

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# EMOTION REGULATION HANDOUT 3

## Model for Describing Emotions

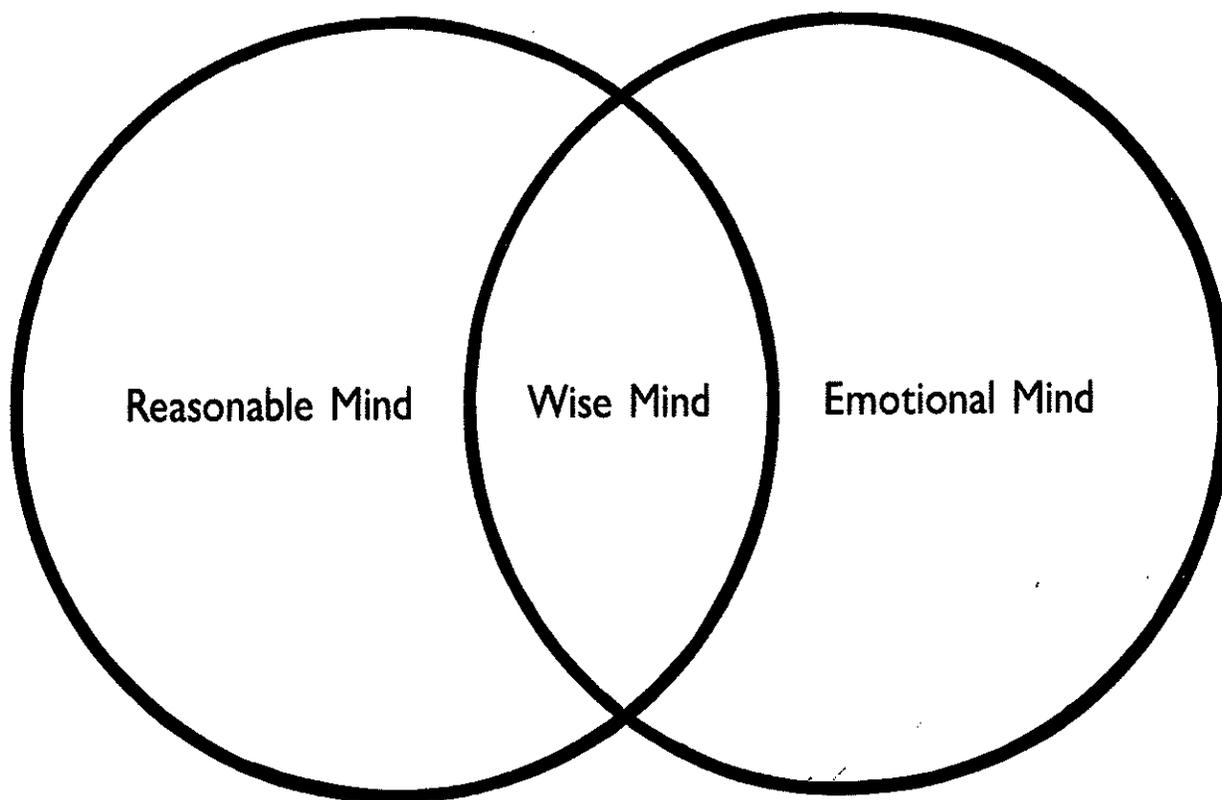




# **MINDFULNESS HANDOUT 1**

## **Taking Hold of Your Mind:**

### **States of Mind**



# MINDFULNESS HANDOUT 2

## Taking Hold of Your Mind: "What" Skills

### OBSERVE

- **JUST NOTICE THE EXPERIENCE.** Notice without getting caught in the experience. Experience without reacting to your experience.
- Have a "TEFLON MIND," letting experiences, feelings, and thoughts come into your mind and slip right out.
- **CONTROL** your attention, but not what you see. Push away nothing. Cling to nothing.
- Be like a guard at the palace gate, **ALERT** to every thought, feeling, and action that comes through the gate of your mind.
- Step inside yourself and observe. **WATCH** your thoughts coming and going, like clouds in the sky. Notice each feeling, rising and falling, like waves in the ocean. Notice exactly what you are doing.
- Notice what comes through your **SENSES**—your eyes, ears, nose, skin, tongue. See others' actions and expressions. "Smell the roses."

### DESCRIBE

- **PUT WORDS ON THE EXPERIENCE.** When a feeling or thought arises, or you do something, acknowledge it. For example, say in your mind, "Sadness has just enveloped me." . . . or . . . "Stomach muscles tightening" . . . or . . . "A thought 'I can't do this' has come into my mind." . . . or . . . "walking, step, step, step. . . ."
- **PUT EXPERIENCES INTO WORDS.** Describe to yourself what is happening. Put a name on your feelings. Call a thought just a thought, a feeling just a feeling. Don't get caught in content.

### PARTICIPATE

- Enter into your experiences. Let yourself get involved in the moment, letting go of ruminating. **BECOME ONE WITH YOUR EXPERIENCE, COMPLETELY FORGETTING YOURSELF.**
- **ACT INTUITIVELY** from wise mind. Do just what is needed in each situation—a skillful dancer on the dance floor, one with the music and your partner, neither willful nor sitting on your hands.
- Actively **PRACTICE** your skills as you learn them until they become part of you, where you use them without self-consciousness. **PRACTICE:**
  1. Changing harmful situations.
  2. Changing your harmful reactions to situations.
  3. Accepting yourself and the situation as they are.

# MINDFULNESS HANDOUT 3

## Taking Hold of Your Mind: "How" Skills

### NON-JUDGMENTALLY

- See but **DON'T EVALUATE**. Take a nonjudgmental stance. Just the facts. Focus on the "what," not the "good" or "bad," the "terrible" or "wonderful," the "should" or "should not."
- **UNGLUE YOUR OPINIONS** from the facts, from the "who, what, when, and where."
- **ACCEPT** each moment, each event as a blanket spread out on the lawn accepts both the rain and the sun, each leaf that falls upon it.
- **ACKNOWLEDGE** the helpful, the wholesome, but don't judge it. Acknowledge the harmful, the unwholesome, but don't judge it.
- When you find yourself judging, **DON'T JUDGE YOUR JUDGING**.

### ONE-MINDFULLY

- **DO ONE THING AT A TIME**. When you are eating, eat. When you are walking, walk. When you are bathing, bathe. When you are working, work. When you are in a group, or a conversation, focus your attention on the very moment you are in with the other person. When you are thinking, think. When you are worrying, worry. When you are planning, plan. When you are remembering, remember. Do each thing with all of your attention.
- If other actions, or other thoughts, or strong feelings distract you, **LET GO OF DISTRACTIONS** and go back to what you are doing—again, and again, and again.
- **CONCENTRATE YOUR MIND**. If you find you are doing two things at once, stop and go back to one thing at a time.

### EFFECTIVELY

- **FOCUS ON WHAT WORKS**. Do what needs to be done in each situation. Stay away from "fair" and "unfair," "right" and "wrong," "should" and "should not."
- **PLAY BY THE RULES**. Don't "cut off your nose to spite your face."
- Act as **SKILLFULLY** as you can, meeting the needs of the situation you are in. Not the situation you wish you were in; not the one that is just; not the one that is more comfortable; not the one that. . . .
- Keep an eye on **YOUR OBJECTIVES** in the situation and do what is necessary to achieve them.
- **LET GO** of vengeance, useless anger, and righteousness that hurts you and doesn't work.

## Mindfulness Meditation

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### Exercise 2: The Raisin

Pick up a raisin and hold it in the palm of your hand. Look at it. Examine it. Describe the raisin. What does it look like? What color is it? How would you describe the texture? Now, feel the raisin in the palm of your hand. What does it feel like against your skin? Pick it up with your other hand. What does it feel like in your fingers? Is it slimy? Rough? Smooth? Soft? Hard? Squeeze it softly. What do you feel? Smell the raisin. Describe how it smells. Put the raisin in your mouth, but do not eat it. What does it feel like on your tongue? What does the texture feel like now? How does it taste? How does the taste compare to the way it smelled? Move it around in your mouth and notice every aspect of the raisin. Bite the raisin and think about what you taste. Now how does the raisin feel in your mouth? Finish chewing and eat the raisin. How did it taste? Describe the experience of the raisin.

This exercise is about cultivating awareness and beginning to learn to focus on the here-and-now. It is about being in the present moment and not missing out on it. Sometimes, much of our anxiety or fear is a result of focusing our thoughts on the future - or the past - and forgetting to be present here in this moment. Right here, in this very moment, those things may not need or deserve our attention.

This exercise (or a variation of it) can be done with just about anything. Try a pretzel or a piece of fruit. It can also be done with just about any activity. What would it be like to notice every detail of something that we normally do automatically and without much thought? What would it be like to notice every aspect of brushing your teeth or putting on your shoes? Break the activity down into its most fundamental elements. Be right there in the moment. Notice everything. Be nowhere else. Don't miss right now.

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## **DISTRESS TOLERANCE HANDOUT 2**

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### **Guidelines for Accepting Reality: Observing-Your-Breath Exercises**

#### **OBSERVING YOUR BREATH:**

Focus your attention on your breath, coming in and out. Observe your breathing as a way to center yourself in your wise mind. Observe your breathing as a way to take hold of your mind, dropping off nonacceptance and fighting reality.

#### **1. DEEP BREATHING**

Lie on your back. Breathe evenly and gently, focusing your attention on the movement of your stomach. As you begin to breathe in, allow your stomach to rise in order to bring air into the lower half of your lungs. As the upper halves of your lungs begin to fill with air, your chest begins to rise and your stomach begins to lower. Don't tire yourself. Continue for 10 breaths. The exhalation will be longer than the inhalation.

#### **2. MEASURING YOUR BREATH BY YOUR FOOTSTEPS**

Walk slowly in a yard, along a sidewalk, or on a path. Breathe normally. Determine the length of your breath, the exhalation and the inhalation, by the number of your footsteps. Continue for a few minutes. Begin to lengthen your exhalation by one step. Do not force a longer inhalation. Let it be natural. Watch your inhalation carefully to see whether there is a desire to lengthen it. Continue for 10 breaths.

Now lengthen the exhalation by one more footstep. Watch to see whether the inhalation also lengthens by one step or not. Only lengthen the inhalation when you feel that it will give delight. After 20 breaths, return your breath to normal. About 5 minutes later, you can begin the practice of lengthened breaths again. When you feel the least bit tired, return to normal. After several sessions of the practice of lengthened breath, your exhalation and inhalation will grow equal in length. Do not practice long, equal breaths for more than 10 to 20 breaths before returning to normal.

#### **3. COUNTING YOUR BREATH**

Sit cross-legged on the floor (sit in the half or full lotus position if you know how); or sit in a chair with your feet on the floor; or kneel; or lie flat on the floor; or take a walk. As you inhale, be aware that "I am inhaling, 1." When you exhale, be aware that "I am exhaling, 1." Remember to breathe from the stomach. When beginning the second inhalation, be aware that "I am inhaling, 2." And slowly exhaling, be aware that "I am exhaling, 2." Continue on up through 10. After you have reached 10, return to 1. Whenever you lose count, return to 1.

*(cont.)*

## **DISTRESS TOLERANCE HANDOUT 2 (cont.)**

### **4. FOLLOWING YOUR BREATH WHILE LISTENING TO MUSIC**

Listen to a piece of music. Breathe long, light, and even breaths. Follow your breath; be master of it while remaining aware of the movement and sentiments of the music. Do not get lost in the music, but continue to be master of your breath and yourself.

### **5. FOLLOWING YOUR BREATH WHILE CARRYING ON A CONVERSATION**

Breathe long, light, and even breaths. Follow your breath while listening to a friend's words and to your own replies. Continue as with the music.

### **6. FOLLOWING THE BREATH**

Sit cross-legged on the floor (sit in the half or full lotus position if you know how); or sit in a chair with your feet on the floor; or kneel; or lie flat on the floor; or take a walk. Begin to inhale gently and normally (from the stomach), aware that "I am inhaling normally." Exhale in awareness, "I am exhaling normally." Continue for three breaths. On the fourth breath, extend the inhalation, aware that "I am breathing in a long inhalation." Exhale in awareness, "I am breathing out a long exhalation." Continue for three breaths.

Now follow your breath carefully, aware of every movement of your stomach and lungs. Follow the entrance and exit of air. Be aware that "I am inhaling and following the inhalation from its beginning to its end. I am exhaling and following the exhalation from its beginning to its end."

Continue for 20 breaths. Return to normal. After 5 minutes, repeat the exercise. Maintain a half-smile while breathing. Once you have mastered this exercise, move on to the next.

### **7. BREATHING TO QUIET THE MIND AND BODY**

Sit cross-legged on the floor (sit in half or full lotus position if you know how); or sit in a chair with your feet on the floor; or kneel; or lie flat on the floor. Half-smile. Follow your breath. When your mind and body are quiet, continue to inhale and exhale very lightly; be aware that "I am breathing in and making the breath and body light and peaceful. I am exhaling and making the breath and body light and peaceful." Continue for three breaths, giving rise to the thought, "I am breathing in while my body and mind are at peace. I am breathing out while my body and mind are at peace."

Maintain this thought in awareness from 5 to 30 minutes, according to your ability and to the time available to you. The beginning and end of the practice should be relaxed and gentle. When you want to stop, gently massage the muscles in your legs before returning to a normal sitting position. Wait a moment before standing up.

*Note.* Adapted from *The Miracle of Mindfulness: A Manual of Meditation* (pp. 81-84) by Thich Nhat Hanh, 1976, Boston: Beacon Press. Copyright 1987 by Mobi Ho. Adapted by permission.

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# **DISTRESS TOLERANCE HANDOUT 3**

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## **Guidelines for Accepting Reality: Half-Smiling Exercises**

### **HALF-SMILE**

Accept reality with your body. *Rélex* (by letting go or by just tensing and then letting go) your face, neck, and shoulder muscles and half-smile with your lips. A tense smile is a grin (and might tell the brain you are hiding or masking). A half-smile is slightly up-turned lips with a relaxed face. Try to adopt a serene facial expression. Remember, your body communicates to your mind.

#### **1. HALF-SMILE WHEN YOU FIRST AWAKE IN THE MORNING**

Hang a branch, any other sign, or even the word "smile" on the ceiling or wall so that you see it right away when you open your eyes. This sign will serve as your reminder. Use these seconds before you get out of bed to take hold of your breath. Inhale and exhale three breaths gently while maintaining a half-smile. Follow your breaths.

#### **2. HALF-SMILE DURING YOUR FREE MOMENTS**

Anywhere you find yourself sitting or standing, half-smile. Look at a child, a leaf, a painting on a wall, or anything that is relatively still, and smile. Inhale and exhale quietly three times.

#### **3. HALF-SMILE WHILE LISTENING TO MUSIC**

Listen to a piece of music for 2 or 3 minutes. Pay attention to the words, music, rhythm, and sentiments of the music you are listening to (not your daydreams of other times). Half-smile while watching your inhalations and exhalations.

#### **4. HALF-SMILE WHEN IRRITATED**

When you realize "I'm irritated," half-smile at once. Inhale and exhale quietly, maintaining a half-smile for three breaths.

#### **5. HALF-SMILE IN A LYING-DOWN POSITION**

Lie on your back on a flat surface without the support of mattress or pillow. Keep your two arms loosely by your sides and keep your two legs slightly apart, stretched out before you. Maintain a half-smile. Breathe in and out gently, keeping your attention focused on your breath. Let go of every muscle in your body. Relax each muscle as though it were sinking down through the floor, or as though it were as soft and yielding as a piece of silk hanging in the breeze to dry. Let go entirely, keeping your attention only on your breath and half-smile. Think of yourself as a cat, completely relaxed before a warm fire, whose muscles yield without resistance to anyone's touch. Continue for 15 breaths.

From *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. ©1993 The Guilford Press. (cont.)



# **DISTRESS TOLERANCE HANDOUT 4**

## **Guidelines for Accepting Reality: Awareness Exercises**

### **1. AWARENESS OF THE POSITIONS OF THE BODY**

This can be practiced in any time and place. Begin to focus your attention on your breath. Breathe quietly and more deeply than usual. Be mindful of the position of your body, whether you are walking, standing, lying, or sitting down. Know where you walk, stand, lie, or sit. Be aware of the purpose of your position. For example, you might be conscious that you are standing on a green hillside in order to refresh yourself, to practice breathing, or just to stand. If there is no purpose, be aware that there is no purpose.

### **2. AWARENESS OF CONNECTION TO THE UNIVERSE**

This can be practiced any time, any place. Focus your attention on where your body touches an object (floor or ground, air molecules, a chair or arm rest, your bed sheets and covers, your clothes, etc.). Try to see all the ways you are connected to and accepted by that object. Consider the function of that object with relation to you. That is, consider what the object does for you. Consider its kindness in doing that. Experience the sensation of touching the object and focus your entire attention on that kindness until a sense of being connected or loved or cared for arises in your heart.

**Examples:** Focus your attention on your feet touching the ground. Consider the kindness of the ground holding you up, providing a path for you to get to other things, not letting you fall away from everything else. Focus your attention on your body touching the chair you sit in. Consider how the chair accepts you totally, holds you up, supports your back, keeps you from falling down on the floor. Focus your attention on the sheets and covers on your bed. Consider the touch of the sheets and covers holding you, surrounding and keeping you warm and comfortable. Consider the walls in the room. They keep out the wind and the cold and the rain. Think of how the walls are connected to you via the floor and the air in the room. Experience your connection to the walls that provide you with a secure place to do things. Go hug a tree. Think of how you and the tree are connected. Life is in you and in the tree and both of you are warmed by the sun, held by the air and supported by the earth. Try and experience the tree loving you by providing something to lean on, or by shading you.

### **3. AWARENESS WHILE MAKING TEA OR COFFEE**

Prepare a pot of tea or coffee to serve a guest or to drink by yourself. Do each movement slowly, in awareness. Do not let one detail of your movements go by without being aware of it. Know that your hand lifts the pot by its handle. Know that you are pouring the fragrant, warm tea or coffee into the cup. Follow each step in awareness. Breathe gently and more deeply than usual. Take hold of your breath if your mind strays.

From *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. ©1993 The Guilford Press.

## **DISTRESS TOLERANCE HANDOUT 4 (cont.)**

### **4. AWARENESS WHILE WASHING THE DISHES**

Wash the dishes consciously, as though each bowl is an object of contemplation. Consider each bowl as sacred. Follow your breath to prevent your mind from straying. Do not try to hurry to get the job over with. Consider washing the dishes the most important thing in life.

### **5. AWARENESS WHILE HAND-WASHING CLOTHES**

Do not wash too many clothes at one time. Select only three or four articles of clothing. Find the most comfortable position to sit or stand so as to prevent a backache. Scrub the clothes consciously. Hold your attention on every movement of your hands and arms. Pay attention to the soap and water. When you have finished scrubbing and rinsing, your mind and body will feel as clean and fresh as your clothes. Remember to maintain a half-smile and take hold of your breath whenever your mind wanders.

### **6. AWARENESS WHILE CLEANING HOUSE**

Divide your work into stages: straightening things and putting away books, scrubbing the toilet, scrubbing the bathroom, sweeping the floors, and dusting. Allow a good length of time for each task. Move slowly, three times more slowly than usual. Focus your attention fully on each task. For example, while placing a book on the shelf, look at the book, be aware of what book it is, know that you are in the process of placing it on the shelf, and know that you intend to put it in that specific place. Know that your hand reaches for the book, and picks it up. Avoid any abrupt or harsh movement. Maintain awareness of the breath, especially when your thoughts wander.

### **7. AWARENESS WHILE TAKING A SLOW-MOTION BATH**

Allow yourself 30 to 45 minutes to take a bath. Don't hurry for even a second. From the moment you prepare the bath water to the moment you put on clean clothes, let every motion be light and slow. Be attentive of every movement. Place your attention to every part of your body, without discrimination or fear. Be aware of each stream of water on your body. By the time you've finished, your mind will feel as peaceful and light as your body. Follow your breath. Think of yourself as being in a clean and fragrant lotus pond in the summer.

### **8. PRACTICING AWARENESS WITH MEDITATION**

Sit comfortably on the floor with your back straight, on the floor or in a chair with both feet touching the floor. Close your eyes all the way, or open them slightly and gaze at something near. With each breath, say to yourself, quietly and gently, the word "One." As you inhale, say the word "One." As you exhale, say the word "One," calmly and slowly. Try to collect your whole mind and put it into this one word. When your mind strays, return gently to saying "One." *If you start wanting to move, try not to move. Just gently observe wanting to move. Continue practicing a little past wanting to stop. Just gently observe wanting to stop.*

*Note.* Exercises 1 and 3-8 are adapted from *The Miracle of Mindfulness: A Manual on Meditation* (pp. 84-87) by Thich Nhat Hanh, 1976, Boston: Beacon Press. Copyright 1976 by Thich Nhat Hanh. Adapted by permission.

*From Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. ©1993 The Guilford Press.

## DISTRESS TOLERANCE HANDOUT 5

### Basic Principles of Accepting Reality

#### RADICAL ACCEPTANCE

- Freedom from suffering requires **ACCEPTANCE** from deep within of what is. Let yourself go completely with what is. Let go of fighting reality.
- **ACCEPTANCE** is the only way out of hell.
- Pain creates suffering only when you refuse to **ACCEPT** the pain.
- Deciding to tolerate the moment is **ACCEPTANCE**.
- **ACCEPTANCE** is acknowledging what is.
- To **ACCEPT** something is not the same as judging it good.

#### TURNING THE MIND

- Acceptance of reality as it is requires an act of **CHOICE**. It is like coming to a fork in the road. You have to turn your mind towards the acceptance road and away from the "rejecting reality" road.
- You have to make an inner **COMMITMENT** to accept.  
The **COMMITMENT** to accept does not itself equal acceptance. It just turns you toward the path. But it is the first step.
- You have to turn your mind and commit to acceptance **OVER AND OVER** in the space of a few minutes. Sometimes, you have to make the commitment many times

## DISTRESS TOLERANCE HANDOUT 5 (cont.)

#### WILLINGNESS

##### Cultivate a **WILLING** response to each situation.

- Willingness is **DOING JUST WHAT IS NEEDED** in each situation, in an unpretentious way. It is focusing on effectiveness.
- Willingness is listening very carefully to your **WISE MIND**, acting from your inner self.
- Willingness is **ALLOWING** into awareness your connection to the universe—to the earth, to the floor you are standing on, to the chair you are sitting on, to the person you are talking to.

#### (over) **WILLFULNESS**

##### Replace **WILLFULNESS** with **WILLINGNESS**.

- Willfulness is **SITTING ON YOUR HANDS** when action is needed, refusing to make changes that are needed.
- Willfulness is **GIVING UP**.
- Willfulness is the **OPPOSITE OF "DOING WHAT WORKS,"** being effective.
- Willfulness is trying to **FIX** every situation.
- Willfulness is **REFUSING TO TOLERATE** the moment.

# Shortcut to Starting a DBT Group in an ACT Program

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May 17, 2012

## Selected references:

Marsha M. Linehan (1993). *Skills Training Manual for Treating Borderline Personality Disorder*. New York: Guilford Press.

DO NOT ATTEMPT to run a DBT skills group without this book!

Linda A. Dimeff and Kelly Koerner, eds (2007). *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*. New York: Guilford Press.

Has a great chapter by Sarah K. Reynolds, Randy Wolbert, Gwen Abney-Cunningham, and Kimberly Patterson called "Dialectical Behavior Therapy for Assertive Community Treatment Teams."

Matthew McKay, Jeffrey C. Wood, and Jeffrey Brantley (2007). *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance*. New York: New Harbinger Publications, Inc.

AKA the green workbook, lots of worksheets to use with clients.

## Websites:

[www.mindfulnessinfo.com](http://www.mindfulnessinfo.com)

Source of our raisin eating exercise.

[www.dbtselfhelp.com](http://www.dbtselfhelp.com)

Source of our half smile exercise.

## More mindfulness resources:

The works of Thich Nhat Hanh (Especially *Peace Is Every Step: The Path of Mindfulness in Everyday Life* and *The Miracle of Mindfulness: A Manual of Meditation*.)

The works of Jon Kabat-Zinn (Especially *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* and *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*.)

Saki Santorelli (1999). *Heal Thy Self: Lessons on Mindfulness in Medicine*. New York: Bell Tower.