

Wellness Wednesday

APRIL 27, 2022



THIS WEEK FOR WELLNESS WEDNESDAY YOU WILL LEARN ALL ABOUT DBT!

Dialectical Behavioral Therapy (DBT) is an evidence based practice created in the late 1980s. DBT is used to help individuals that suffer from intense emotions and varying mental health illnesses. DBT is also good for those that need to add new tools to their toolbox to manage stress.

MARSHA LINEHAN



Marsha Linehan is an American psychologist that created DBT. DBT is a variation of traditional CBT (Cognitive Behavior Therapy) that includes elements of mindfulness and acceptance. Linehan was motivated to pursue psychology by battles with her mown mental illness. Initially, DBT was created to help individuals with Borderline Personality Disorder, but since has been used for various concerns.

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DBT IS BROKEN UP INTO FOUR DIFFERENT MODULES. IN FOUNDATIONAL DBT, THESE MODULES WILL BE REVIEWED FOR 6 WEEKS.



MODULE 1: MINDFULNESS

MODULE 2: INTERPERSONAL EFFECTIVENESS

MODULE 3: DISTRESS TOLERANCE

MODULE 4: EMOTIONAL REGULATION



Below you will find some information on common DBT skills that you can use to improve your ability to regulate your emotions, improve relationships, practice mindfulness, and tolerate distress more effectively.

<https://www.therapistaid.com/worksheets/urge-surfing-handout.pdf>

<https://www.therapistaid.com/worksheets/dbt-dear-man.pdf>

<https://www.therapistaid.com/worksheets/what-is-mindfulness.pdf>

<https://www.therapistaid.com/worksheets/dbt-emotion-regulation-skills.pdf>

REFLECTION

What experiences in your life have shaped how you deal with emotions?

Are the tools that you are using healthy or maladaptive?

Is there anyone in your support circle that provides healthy validation to you?

What do you need more of in your life?

DID YOU KNOW?

Did you know that in Houston there is a Dialectical Behavior Therapy Center?



Dialectical Behavior
Therapies Center



WISE MIND

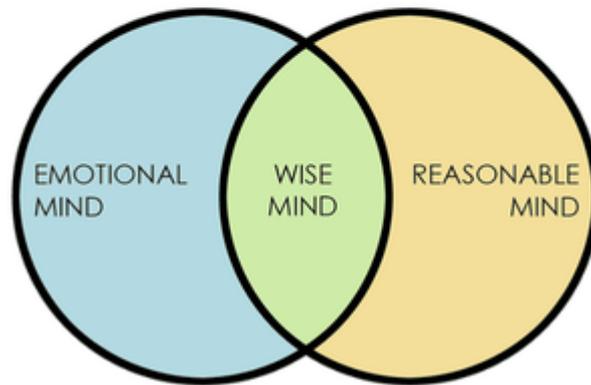
DBT uses the concept of a reasonable, emotional, and wise mind to describe a person's thoughts and behaviors.

The emotional part of us is drive by feeling, the reasonable part of us is drive by logic, and the wise part is driven by a health balance of the previous two.

Learn more below.

The Wise Mind

Your mind has three states: The reasonable mind, the emotional mind, and the wise mind. Everyone possesses each of these states, but most people gravitate toward a specific one most of the time.



The **emotional mind** is used when feelings control a person's thoughts and behavior. They might act impulsively with little regard for consequences.

The **wise mind** refers to a balance between the reasonable and emotional halves. They are able to recognize and respect their feelings, while responding to them in a rational manner.

A person uses their **reasonable mind** when they approach a situation intellectually. They plan and make decisions based on fact.

Describe an experience you've had with each of the three states of mind.

Reasonable	
Emotional	
Wise	

EMPLOYEE ASSISTANCE PROGRAM

Galena Park ISD Employee Assistance Program

**EMPLOYEE ASSISTANCE
PROGRAM
(EAP)**





Chat with a PRO



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