



# Dreaming Tree Counselling

Below is a summary of the skills taught in the **Acceptance & Change** DBT Skills Program:

## **Mindfulness Skills**

- Differentiate between Doing Mind, Being Mind, Wise Mind
- Mindfulness Exercises:
  - *Mindful Breathing; Thought Defusion; Expansion and Acceptance (of emotions and thoughts); Notice 5 Things; Urge Surfing; Leaves on a Stream; Emotion Exposure; Labeling Thoughts and Feelings; Loving Kindness; The Sweet Spot; Magic Wand*

## **Distress Tolerance Skills**

- Mindfulness
- Radical Acceptance
- Distraction
- Self-soothing

## **Emotional Regulation Skills**

- Differentiate between Primary & Secondary Emotions
- Recognising Your Emotions
  - *Non-judgmentally*
- Overcoming the Barriers to Healthy Emotions
  - *Recognizing how our emotions can influence our thoughts and behaviours*
- Reducing Your Physical and Cognitive Vulnerability
  - *Including MEDDSS & HALT*
- Increasing Your Positive Emotions
- Doing the Opposite of Your Emotional Urges
- Emotion Exposure

## **Interpersonal Effectiveness Skills**

- Assertiveness Training
  - *Mindful "I" Statements; Assertiveness Scripts; Saying "No"; Broken Record*
- Listening Skills
  - *Mindful Attention; Blocks to Effective Listening; "My Horsemen"*
- Social-Skills Training
  - *Urgency, Timing, and Intensity; Mood Dependent Behaviour*
- Negotiation Skills
  - *RAVEN; Compromise Solutions; Rupture and Repair*

## **Meaning-Making Skills**

- Finding Meaning in Your Life and Taking Value-Guided Action
  - *Values; Effectiveness; Committed Action*