Welcome

Toolbox: Webisode One
Orientation and Dialectics
Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

MISSION
Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.
SERVICES

YOUTH & FAMILY MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING DISORDER COUNSELING

COMMUNITY EDUCATION & PREVENTION PROGRAMS
REACH OUT TO US

Currently Offering Virtual Services
youtheastideservices.org/virtual-services

Call Us to Inquire About Services
425-747-4937

Join Us on Social Media

YouthEastsideServices
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REACH OUT TO SOMEONE ELSE

KING COUNTY 24hr CRISIS LINE
1-866-427-4747 or 206-461-3222

TEEN LINK
1-866-TEENLINK or 1-866-833-6546 or teenlink.org

CRISIS TEXT LINE
Text HOME to 741741
The Materials

1. DBT SKILLS IN SCHOOLS
   Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)
   James J. Mazza, Elizabeth T. Dexter-Mazza, Alec L. Miller, Jill H. Rathus, and Heather E. Murphy
   Foreword by Marsha M. Linehan

2. DBT Skills Training Manual
   Marsha M. Linehan

(Graphics of book covers included.)
Today's Agenda

- Expectations for Toolbox Series
- Introduction to Dialectical Behavior Therapy (DBT)
- Today’s Skill: Dialectical Thinking
- Something to Try at Home
- Q&A

Week 1 of 16 Week Series
April 15th 2021
Expectations

What you can get out of joining us!

• Discussion of skills between two mental health professionals
• Non-judgmental Language
• Learning Environment
• Ideas to apply what we talk about to your own life
What is DBT?

The “D” means “dialectical.” A dialectic is a synthesis or integration of opposites.

The “B” stands for “behavioral.” DBT requires a behavioral approach. This means that we assess the situations and target behaviors that are relevant to our clients’ goals in order to figure out how to solve the problems in their lives.

The "T" stands for "therapy." DBT is used individually with therapists and clients as well as in a group setting.
Acceptance  Change
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<thead>
<tr>
<th>Behaviors to Decrease</th>
<th>Behaviors to Increase</th>
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<tr>
<td>Confusion</td>
<td>Mindfulness</td>
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<td>Not feeling aware of why feelings occur</td>
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<td>Difficulty focusing</td>
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<td>Impulsive Behaviors</td>
<td>Distress Tolerance</td>
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<td>Risky Decision Making</td>
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<td>Avoidance</td>
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<td>Labile Affect</td>
<td>Emotion Regulation</td>
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<td>Feeling like emotions control you</td>
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4 Ways to Address Any Problem

1. Stay Miserable
2. Tolerate the Problem
3. Feel Better about the Problem
4. Solve the Problem

1. Use NO Skills
2. Distress Tolerance or Mindfulness
3. Emotion Regulation
4. Dialectics, Interpersonal Effectiveness, Problem Solving Skills
Self Check In:

**Emotions**

0: I am completely in control of my emotions and never try to push them away or change them.

10: My emotions control everything I do and I cannot change them, OR I don't/do have emotions.

**Confusion/Distraction**

0: I am always completely comfortable with and aware of who I am, how I think, and how I feel.

10: I am not at all comfortable or aware of who I am, how I think, or how I feel.
Self Check In:

**Impulsiveness**

- 0: I am always in control of my behaviors; they are never impulsive or emotion-based.
- 10: My behavior is always out of control and impulsive or emotion-based.

**Relationship Problems**

- 0: I have great relationships; I feel great about myself in all my relationships; and I always feel comfortable asking for things and saying no.
- 10: My relationships are all over the place; I don't think I have the right to ever ask people for things; and I always give people what they want because I'm a bad person if I don't.
What is a Dialectic?
Dialectics...

• Acknowledge there is more than one way to see a situation
• Teach us that there is also more than one solution to a problem
• Show us that everyone has different points of view
• "Honor" the truth on both sides of a conflict
• Move from "either-or", "always-never", and other black and white thinking to "and" thinking
Synthesizing Dialectics

• Synthesizing is like compromising

• It's challenging our minds to come up with how both seemingly opposite ideas can both be true – walking the middle path

• I am doing the best I can, AND I need to do better, try harder, and be more effective and motivated to change...

• I can do this AND it's going to be hard...

• I did not create or cause all the problems I am facing AND I am the one able to take control of the situation now to solve these problems...
How do we do this?

• "Both/And" thinking, rather than "either or" or "but"
• Noticing "should" "musts" and "ought to"
• Avoiding "always" and "never"
• Practice perspective taking
• Checking our assumptions
• Using "I feel" statements
• Don’t expect OTHERS to know what YOU’RE thinking
• Don’t assume YOU know what OTHERS are thinking
At Home Practice:

1. Briefly describe a situation that comes up
2. Describe how you thought about or acted in response to this situation
3. Describe both sides of the dialectic
   • SIDE A
   • SIDE B
4. How can you honor both sides?
5. What is the outcome of thinking dialectically about the situation?
1. Briefly describe a situation that comes up
   - I texted my friend asking if they wanted to hang out that evening, and they never texted me back. They use 'read' receipts and they never opened the message.

2. Describe how you thought about or acted in response to this situation
   - I ignored them the next day at school in 1st period, I thought they were ignoring me, so I returned the favor.
At Home Practice:

3. Describe both sides of the dialectic
   • SIDE A: I was missing my friend and wanted to hang out with them. I recently got into a fight with my parents and I wanted to talk to someone about it
   • SIDE B: My friend was busy working on a group project for school that was due the next day so she didn't see her messages and was up late working on it

4. How can you honor both sides?
   • I can miss my friend AND be sad they didn't get back to me AND they are also allowed to be busy AND get back to me when they can

5. What is the outcome of thinking dialectically about the situation?
   • Can feel more compassion for friend, can communicate about next time
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