

LINEHAN SKILLS | DIALECTICAL BEHAVIORAL THERAPY (DBT)

Learn the Skills. Change Your Life.

Learn how to:

- Control Your Mind (Instead of letting it control you)
- Manage Relationships (Instead of fighting/arguing all the time)
- Regulate Emotions (Instead of letting your emotions control you)
- Tolerate Distress (Instead of fighting it or trying to get rid of it)

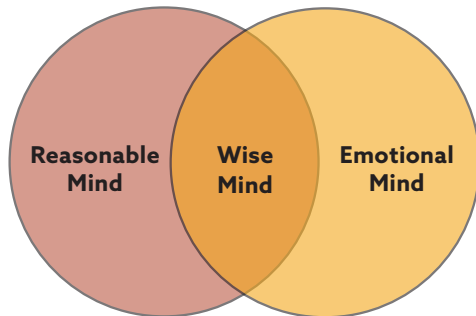
Our DBT program requires attendance at weekly group therapy sessions. Adult and adolescent programs are available.

Control Your Mind:

Mindfulness Skills

- Learn to identify reasonable mind, emotion mind, and wise mind
- Learn to balance reasonable mind and emotion mind to achieve wise mind

A person is in “reasonable mind” when using the intellect, thinking rationally and logically, is attending to the facts, is able to plan and stay focused, and “cool” in approaching problems. A person is in “emotion mind” when thinking and behavior are controlled by the current emotional state. In “emotion mind” reasonable, logical thinking is difficult, facts are amplified or distorted, and behavior expresses the emotions. “Wise mind” is the integration of “emotion mind” and “reasonable mind.” “Wise mind” adds intuitive knowing to emotional experiencing and logical thinking.



Manage Relationships:

Interpersonal Skills

- Attend to Your Relationships
- Learn how to not let hurts and problems build up
- Use relationship skills to head off problems

Learn how to end hopeless relationships and resolve conflicts before they get overwhelming.

Balance Priorities and Demands Distract

- If overwhelmed, learn to reduce or put off low-priority demands
- Learn to ask others for help and how to say no when necessary
- Learn how creating structure can bring order to your life



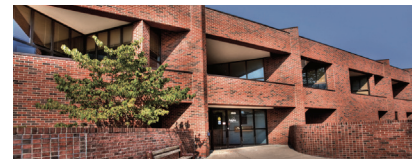
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Linehan Skills | Dialectical Behavioral Therapy, continued...

Balance the Want's and Should's

- Learn how to balance what you are doing because you “want” to do it and how much you do because it has to be done or you “should” do it

Build Mastery and Self-Respect

- Learn how to interact in ways that make you feel competent and effective, not helpless and overly dependent
- Stand up for yourself, your beliefs and opinions
- Learn to follow your own “wise mind”

Control Your Emotions:

- Emotion Regulation Skills
- Understand Emotions

Learn how to identify, observe and describe emotions and what emotions do for you.

Reduce Emotional Vulnerability

- Learn how to decrease negative emotions and increase positive emotions

Decrease Emotional Suffering

- Learn how to let go of painful emotions through mindfulness
- Change painful emotions through opposite action

Handle Distress

- Distress Tolerance Skills
- Tolerate and Survive a Crisis

Learn how to use the strategies of distracting, self-soothing, improving the moment, and focusing on pros and cons to survive a crisis.

Accept the Moment

Learn how radical acceptance and willingness to do just what is needed in a situation (according to “wise mind”) can help you tolerate a difficult and distressful situation.



Wouldn't it be reassuring to know that your health providers communicate with each other so they can provide a high degree of healthcare? Mental health impacts our physical health and vice versa, and because health is integrated, your provider should be too.