

*Understanding the Basics of DBT:
A 4-Part Foundational Skills Series
Session 4: Strategies for Interpersonal Effectiveness*

Crystal Socha, MS, LPC, CRC, NCC, ACS

June 25, 2024



Mental Health Technology Transfer Center
Funded by SAMHSA

**Northeast and Caribbean
Region 2**

**General Mental
Health Workforce**

**Provider
Wellness**

**Youth & Young
Adult Services**

**School Mental
Health Workforce**



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

EPBs for serious mental health conditions

Wellness & Recovery for Providers and people with mental health conditions

School Mental Health
Comprehensive, multi-tiered services & supports

Hispanic and Latiné mental health education

Online Education Courses
Wellness Matters, IMR, Functional Thinking & more

Services Available

No-cost training, technical assistance, and resources





Grow Your Knowledge and Skills

Keep up with the latest effective practices, resources, and technologies!

Subscribe to receive our mailings.
All activities are free!



We Want Your Feedback

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Video Recording Information

Please Note:

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

Disclaimer

This presentation was prepared for the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC). This presentation will be recorded and posted on our website.

At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.

Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question may be visible to other participants.

Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

A woman with dark, curly hair is looking out of a window. She has a nose ring and is looking towards the right. The background shows a blurred view of a building and some greenery under a blue sky with clouds. The window frame is visible on the left and top.

988

SUICIDE
& CRISIS
LIFELINE

For people experiencing:

- Suicide, mental health, substance use crisis
- Emotional distress
- People concerned about someone in crisis

Meet Today's Presenter



Crystal Socha, MS, LPC, CRC, NCC, ACS
(she/her)



Understanding the Basics of DBT: A 4-Part Foundational Skills Series

Crystal Socha, MS, LPC, CRC, NCC, ACS

Foundational Series Outline

Session 1:

- Introduction to DBT & Strategies for Mindfulness

Session 2:

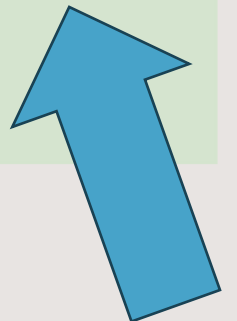
- DBT Skills Training: Strategies for Distress Tolerance

Session 3:

- DBT Skills Training: Strategies for Emotion Regulation

Session 4:

- **DBT Skills Training: Strategies for Interpersonal Effectiveness**





**Session 4:
DBT Skills
Training:
Strategies for
Interpersonal
Effectiveness**

Learning Objectives

Discuss	Discuss interpersonal effectiveness skills for maintaining effective relationships, setting boundaries, and communicating needs
Examine	Examine the three goals in interpersonal situations
Identify	Identify how to help clients build relationships through connecting with others and end destructive or interfering ones
Review	Review a case study and practical examples of using interpersonal effectiveness skills with clients

Homework Review

If you practiced an emotion regulation skill...

- What went well?
- What was difficult or challenging?
- Did you get a chance to teach someone else the skill?

Skills Overview

Mindfulness

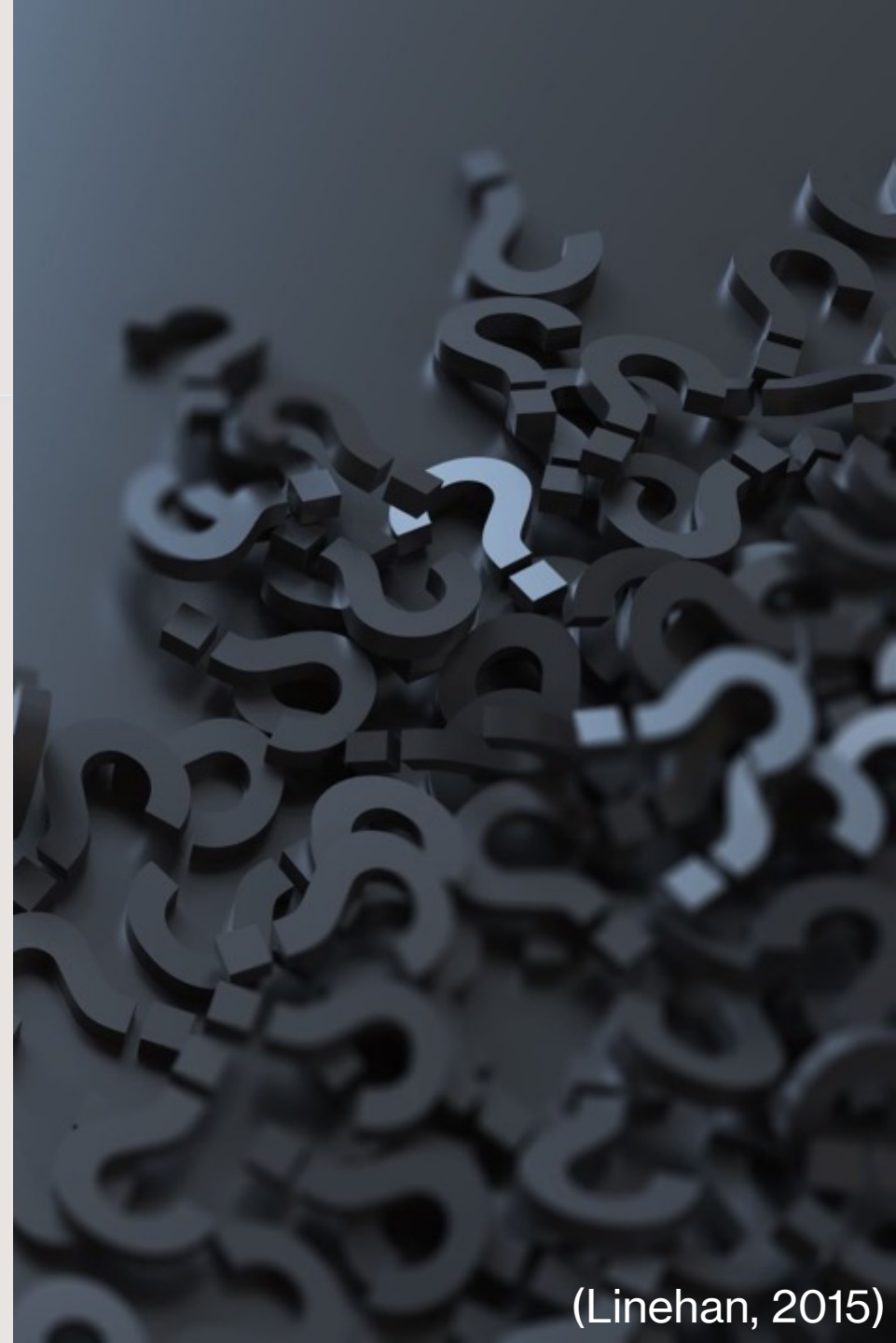
Distress Tolerance

Emotion Regulation

Interpersonal Effectiveness

Options for Solving Any Problem

- **Solve the problem**
 - Identify the details of the problem
- **Feel better about the problem**
 - Use emotion regulation skills
- **Accept and tolerate the problem**
 - Use distress tolerance skills
- **Stay miserable**
 - No skills



Interpersonal Effectiveness

Teach a person how to:

- Be skillful in getting what they want/need from others
- Strengthen current relationships, and end destructive ones
- Create balance in relationships



Factors Reducing Interpersonal Effectiveness

Lack of needed skills

Indecision

Emotions get in the way

Prioritizing short-term goals over long-term goals

Interference from the environment

Worries based on myths

Myths in the Way of Interpersonal Effectiveness

Objectives Effectiveness:

- I don't deserve to get what I want or need
- I must be really inadequate if I can't fix this myself

Relationship & Self-Respect Effectiveness

- They should have known their behavior would hurt my feelings, I shouldn't have to tell them.
- Everybody lies.



Personal Bill of Rights

PERSONAL BILL OF RIGHTS

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to change my mind.
4. I have the right to make mistakes and not have to be perfect.
5. I have the right to follow my own values and standards.
6. I have the right to express all of my feelings, both positive or negative, in a manner that will not harm others.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behavior, actions, feelings or problems.
10. I have the right to expect honesty from others.
11. I have the right to feel angry at someone I love and to express this in a responsible manner.
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say "I'm afraid."
14. I have the right to say "I don't know."
15. I have the right to make decisions based on my feelings, beliefs and values.
16. I have the right to my own reality.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthy.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to grieve.
26. I have the right to a fulfilling sex life.
27. I have the right to be happy.

(Adapted by Mary Ellen Copeland from the *Anxiety and Phobia Workbook*, Edmund J. Bourne, Ph.D., 1990, New Harbinger Publications, Oakland, CA.)

Overview: Core Interpersonal Effectiveness Skills

Clarifying priorities

Objectives Effectiveness: DEAR MAN

Relationship Effectiveness: GIVE

Self-Respect Effectiveness: FAST

Factors to Consider



Three Goals in Interpersonal Situations

- **Objectives Effectiveness: DEAR MAN**
 - What result or change do I want from this interaction?
- **Relationship Effectiveness: GIVE**
 - How do I want the other person to feel about me after the interaction is over?
- **Self-Respect Effectiveness: FAST**
 - How do I want to feel about myself after the interaction is over?

Objectives Effectiveness: DEARMAN

- Describe
- Express
- Assert
- Reinforce
- (Stay) Mindful
- Appear confident
- Negotiate



Relationship Effectiveness: GIVE

(Be) Gentle

(Act) Interested

Validate

(Use an) Easy
Manner



Self-Respect Effectiveness: FAST

(Be) Fair

(No) Apologies

Stick to Values

(Be) Truthful

Overview: Building Relationships & Ending Destructive Ones

Finding and getting people to like you

Mindfulness of others

Ending destructive/interfering relationships



Building Relationships & Ending Destructive Ones

- **Why find friends?**
 - Forming friendships reduces interpersonal isolation and loneliness
 - Friends are essential for happiness
 - Each person is lovable
- **Friendships last longer when we are mindful of others**
 - Be curious
 - Provide feedback (heard, understood, appreciated)
- **Sometimes relationships must be ended**

Mindfulness of Others

Observe

Describe

Participate



Destructive vs. Interfering Relationship

Destructive Relationship

- It destroys either the quality of the relationship or aspects of yourself, such as your physical body and safety, your self-esteem or sense of integrity, or your ability to find happiness or peace of mind

Interfering Relationship

- It blocks or makes difficult your pursuing goals that are important to you; your ability to enjoy life and do things you like doing; your relationships with other persons; or the welfare of others that you love.

Ending Relationships



Decide to end relationships in Wise Mind



Problem solve



Cope ahead



DEAR MAN GIVE FAST skills



Opposite action for love



Practice safety first!



Walking the Middle Path: Dialectics

- The universe is filled with opposing sides and opposing forces
- Everything and every person is connected in some way
- Change is the only constant
- Change is transactional

How to Think and Act Dialectically

Ask Wise Mind:
What am I
missing?

Ask: Where is
the kernel of
truth in the other
side?

Move away from
extremes

Balance
opposites

Play devil's
advocate

Embrace change

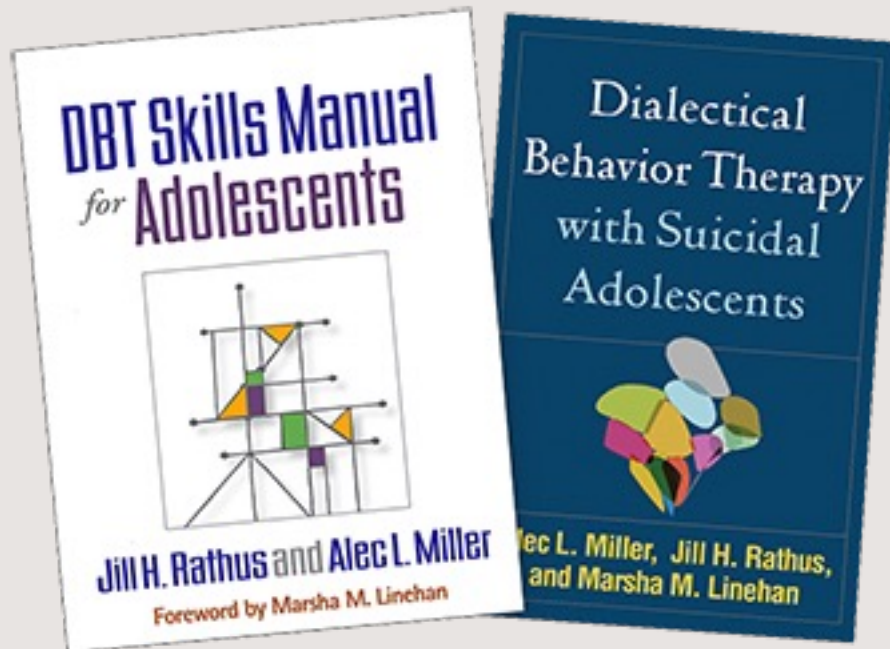
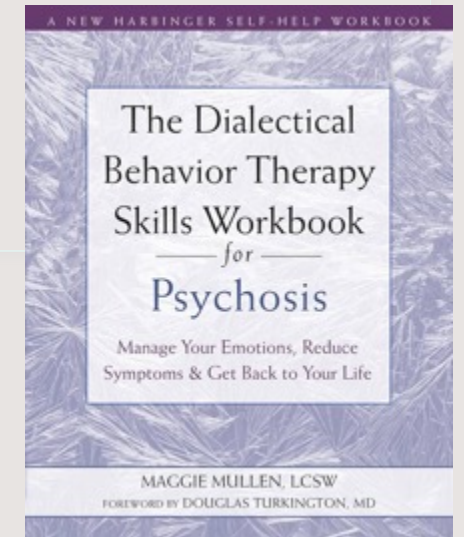
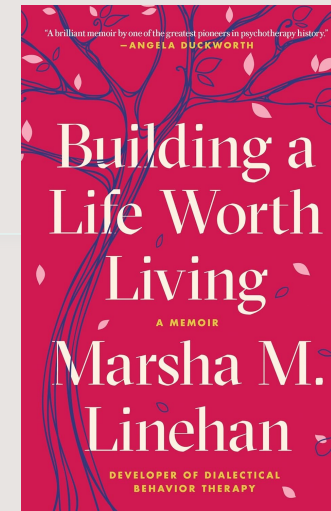
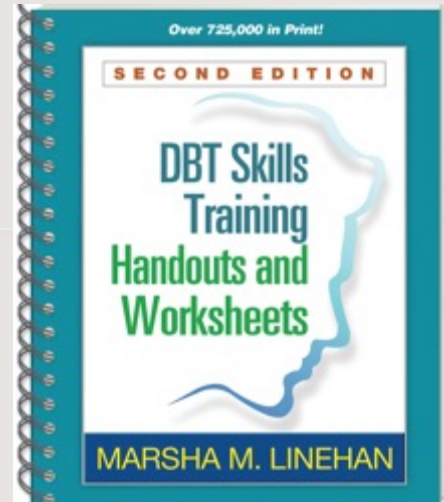
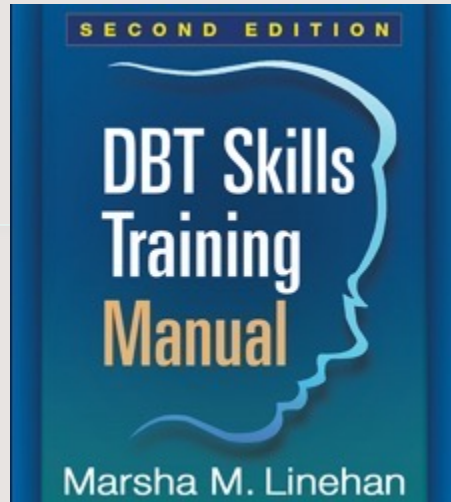
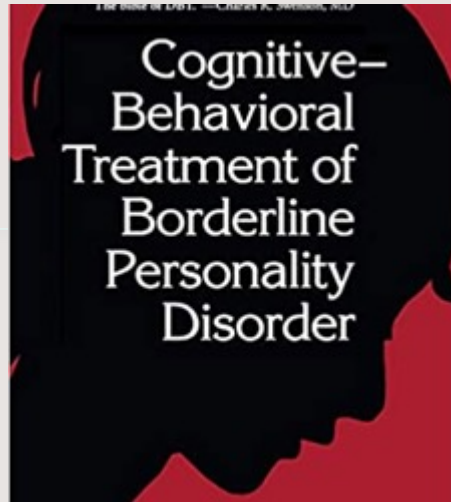


Summary

IE skills help individuals navigate social interactions to either balance their needs, the needs of others, or their self-respect

IE skills help recognize when to end a relationship that is harmful or no longer serves them

IE skills also help balance acceptance and change by finding the middle path in interactions



Resources

<https://dbt-lbc.org/>

<https://behavioraltech.org/>

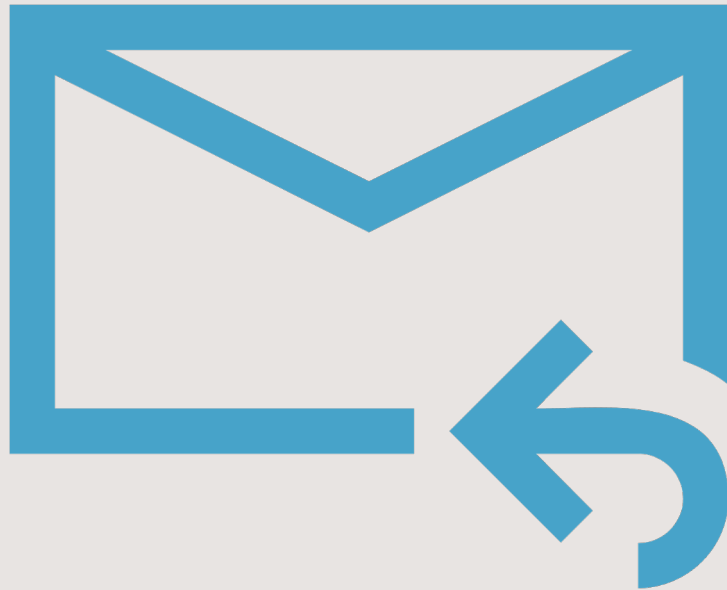
<https://www.youtube.com/dbtru>

References

- Chapman A. L. (2016). Dialectical behavior therapy: Current indications and unique elements. *Psychiatry (Edgmont (Pa. : Township))*, 3(9), 62–68.
- Linehan, M. (2015) DBT skills training manual (2nd Ed.) New York: The Guilford Press.
- Schimelpfening, N. (2023). *Dialectical behavior therapy (DBT): Definition, techniques, and benefits.*
<https://www.verywellmind.com/dialectical-behavior-therapy-1067402>

Thank You!

crystal.socha@rutgers.edu



Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.



Toward Wellness and Recovery

Our Podcast Channel



Check out our latest podcast series!

Flourishing at Work: A Plan for Helping Professionals

Search then Subscribe wherever you get your podcasts!

[Spotify](#) Apple Music [Podbean](#)

Webinars Recordings

Did you miss a previous webinar
or just want to watch one again?

Access all of our recorded webinars!

The recording of this webinar will be made available in the Northeast and Caribbean Products & Resources Catalog on our website. To view this and all previously recorded webinars that are currently available go to the link below. Check back often as new additions are always being added.



**Please allow 14 business days for all recordings to be made available.*

Connect With Us

Phone: (908) 889-2552

Email: northeastcaribbean@mhttcnetwork.org

Website: <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

Like and follow us on social media!

Facebook: Northeast & Caribbean MHTTC

Twitter: @necmhttc

LinkedIn: @Northeast and Caribbean MHTTC





MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

CONNECT WITH US



MHTTCnetwork.org



[Sign-Up for Newsletter](#)



[MHTTC News](#)