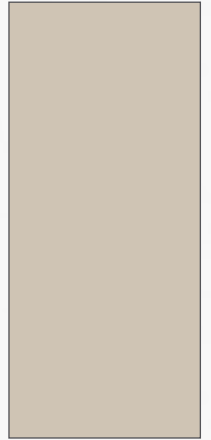


MUST-HAVE SKILLS

FOR FAMILIES



MUST-HAVE SKILLS

FOR FAMILIES

Marie-Paule de Valdivia
Family Connections leader
NEA.BPD Board Member

WHAT IS DBT?

- DBT is about acceptance and change
 - Acceptance actually creates the possibility of change

SKILL #1

SUSPEND JUDGMENT

SUSPEND JUDGMENT

- Behavior is NOT the problem
 - Rather it often is the solution to chronic dysregulation

Benign...benign...benign...Benign...benign...

Problems with anger
Chaotic relationships
Unstable sense of self
Impulsive behaviors
Dangerous decisions
And more...

- Interpret things in the most benign way possible
- Observe and describe - stay with facts
- Be mindful of interactions – try to see both sides

SKILL # 2

HEALTHY SELFISHNESS

HEALTHY SELFISHNESS

- Avoid burning out
 - You are needed!
 - Be supportive
- Observe your limits
 - It's OK to say no – as long as it's for you
 - No accusations or punishments
 - Oxygen mask
- Choose your battles
 - Helps you be predictable and safe

NO to:

Violent or insulting behaviors
Actions that push your limits
Decisions you would regret

SKILL # 3

VALIDATION

VALIDATION

- Do not invalidate:
 - By being critical or judgmental
 - By minimizing legitimacy of feelings
 - By escalating conflict
 - By being controlling or insisting on being right
- Validate:
 - Feelings or emotions
 - Legitimacy in desires
 - Opinions or thoughts
 - Task difficulty
 - Efforts made towards goals regardless of outcome

Only validate the things that are valid.
There are always valid parts.
Validation doesn't mean you agree.

THE CONTEXT:

RADICAL ACCEPTANCE

RADICAL ACCEPTANCE

- When nothing can be done:
 - Pain + Non-Acceptance = increased suffering
- Acceptance gives you more control, not less.
 - Practice acceptance every day
 - Start small
- You can stop the spiral!

STAY IN TOUCH

- You need support – this is hard
- National Education Alliance –Borderline Personality Disorder:
 - Join a group
 - Visit the website and watch the videos
 - Get involved

THANK YOU

AND BEST WISHES FOR RENEWED CLOSENESS
IN YOUR FAMILY