

Therapy For Real Life Podcast

DBT Explainer Episodes

Intro To DBT / Guiding Principles

Finding Zen in DBT with Randy Wolbert, LMSW, CAADC, CCS

A Zen teacher / DBT therapist explains how Eastern mindfulness principles are infused throughout DBT.

How To Not Be A Karen: Managing The Tensions Of AntiRacist Allyship With The D.E.A.R. Project

A panel of social psychologists models dialectical principles in their applications of DBT in anti-racism training.

How To Change Unhealthy Patterns

Learn behavioral functional analysis with DBT's chain analysis. Understand what drives unwanted habits and practice the skills needed to interrupt them.

Alleviate Suffering By Balancing Opposites

Practice balancing opposites to cope dialectically with black and white thinking and other emotional extremes.

Mindfulness Skills

What Is Mindfulness?

Define mindfulness and begin your practice with a guided body scan.

Wise Mind and Mood Tracking

Continue the basics of mindfulness with DBT's foundational concept of 'Wise Mind'.

Reality Acceptance and Radical Willingness

Understand how radical willingness can be applied to many other skills within DBT, including stress tolerance, emotion regulation, and interpersonal acceptance.

Grounding Exercises For Stress, Trauma, or Anxiety

Ground your attention in the five senses with a series of brief mindfulness exercises.

A Self-Care Package: 8 Mini Meditations

This episode contains 8 mini mindfulness exercises that can be done in 5-10 mins each. Practice paced breathing, progressive muscle relaxation, mindful body scan, and other brief guided practices to help you ground yourself in relaxation.

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Distress Tolerance Skills

What To Do In A Crisis! + Bio-Mood Hacking Skills

Practice four bio-mood hacking skills with DBT's TIPP skills to regulate your mood quickly.

What Is Urge Surfing? Let's Try It!

Use radical acceptance to cope with painful experiences through mindful awareness.

Feel Better Fast: 50 Small Ways To Improve Your Mood Right Now

These 50 brief mood boosting exercises adapt DBT's IMPROVE the MOMENT skill to help you regulate your emotions quickly in a moment of stress.

My Pandemic Vacation: Adapting Pleasure To Stay In Place

Apply DBT's mood soothing skill of distract to plan a brief vacation (20 mins!) from daily stress and overwhelm.

Turning The Mind To Radical Acceptance

Use mindfulness to cope with bothersome thoughts by "turning to mind" toward a more motivating mindset.

Relationship Skills

Self-Care In Relationships

Use DBT's guiding framework to better understand your needs and priorities in healthy relationships.

Identifying Core Needs... And Then What?

Understand what matters most in a relationship to help you communicate your needs to others.

How To Listen And Show Understanding

Apply mindfulness principles to strategic communication and become more effective in your listening skills.

How To Ask For What You Want

DBT's DEAR MAN skill will help you manage conflict assertively to get your needs met.

When To Speak Up For What You Want Or Say No

Take steps to become more assertive by understanding and communicating your needs to foster healthier relationships.

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Emotion Regulation Skills

What Are Emotions?

Learn the three main functions of emotions and how they interact with the human survival reflex.

Mood Check: Is It Depression?

Practice your emotional awareness skills by learning to recognize the often hidden signs of depression.

Understanding Anxiety vs. Fear

Understand the difference between anxiety and fear and how emotional awareness can help build a feeling of safety.

Bio-Psychosocial Theory For Mood Management

Learn the basic components of a mood to understand how your personal context influences how you feel.

How To Ruin Your Mood (Or Not...)

DBT outlines the most common factors that can interrupt healthy mood regulation. Plan for these obstacles by creating a self-care plan to buffer and protect your mood in daily life.

Mood Hacks: Opposite Action

Opposite Action is one of the most effective skills within DBT and proven to help regulate challenging moods.

Mood Hacks: 4 Solutions To Any Problem

Conquer overwhelm by applying DBT's problem-solving approach to any challenging situation.

Using Sports Psychology To Make Change

Use DBT's COPE AHEAD skill to anticipate challenging situations and plan strategic self-care to manage your stress.

Compassion As Self-Care Through Loving Kindness Meditation

Practice the ancient meditation of loving kindness to soothe your mindset and regulate your mood.

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Worksheets | Podcasts | Self-Care Ideas