

Third module in the Borderline Personality Disorder Series provided by the Northern Network of Specialized Care

Practical skills and their rationale

# DBT-BASED SKILLS

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## Mindfulness Exercise – Becoming Aware



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## Overview

- Brief review
- DBT skills overview
- Adaption to DBT – The Bridge DBT Program
- Acceptance Strategies: Mindfulness & Validation
- Interpersonal Effectiveness Skills
- Opposite Action
- Distress tolerance skills
- Closing

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