



# Building skills to help individuals deal with difficult situations and feelings

**Dialectical Behavior Therapy (DBT) is an evidence-based psychotherapy focused on teaching four core skills:**

- **Mindfulness** • **Distress Tolerance** • **Emotion Regulation** • **Interpersonal Effectiveness**

These skills are tools to help individuals **manage intense emotions, improve relationships, tolerate distress and build an improved quality of life** — by challenging unhelpful thought patterns and focusing on using the four core skills to deal with difficult situations. Dialectical (the D in DBT) means opposites and comes from the idea of combining two of those ideas — change and acceptance. The balance between acceptance and change is at the heart of DBT Skills — you are doing the best you can AND you can learn skills to do better. Originally designed for more severe behavioral issues, it has been proven effective for a broader range of mood disorders and changing harmful behavioral patterns.

## Why get trained in DBT skills?

**DBT Skills can accomplish the following:**

- **Improved Emotion Regulation:** Helps individuals identify, understand, and manage intense emotions to create a more balanced mood.
- **Enhanced Distress Tolerance:** Provides tools to handle crises or difficult situations without reverting to impulsive or destructive behaviors.
- **Greater Interpersonal Effectiveness:** Teaches strategies to communicate needs, set boundaries, and maintain self-respect in relationships.
- **Mindfulness Practices:** Encourages being fully present in the moment and observing thoughts and feelings without judgment.

- **Increased Self-Worth and Self-Acceptance:** Promotes compassion and a greater sense of control over one's life.
- **Better Stress Management:** Develops resilience in navigating daily challenges and reducing anxiety.

<b>Purpose</b>	<i>Dialectical Behavior Therapy (DBT) is an evidence-based psychotherapy focused on teaching four core skills (mindfulness, acceptance &amp; distress tolerance, emotional regulation, and interpersonal effectiveness) to help individuals improve their quality of life.</i>
<b>Audience</b>	<i>Individuals struggling with intense emotions, self-harm, suicidal behaviors, and/or unstable relationships.</i>
<b>Format</b>	<i>ArcaMind trains individuals in the healthcare industry, school settings or other client-facing individuals in DBT skills.</i>

## How ArcaMind supports DBT

ArcaMind has a flexible training model that helps meet the needs of the organization. The following is the basic menu of training options, but each can be further adapted to fit diverse contexts.

- **DBT Introduction:** 3-4 hours. This training provides a high-level overview of DBT and the 4 core skills: mindfulness, acceptance & distress tolerance, emotional regulation, and interpersonal effectiveness. This is a good fit for individuals wanting to learn more about DBT for themselves or their organization, but not directly implementing the model.
- **DBT Skills Training:** 8-12 hours. This training introduces each of the four DBT skills, followed by practical, hands-on exercises for participants to get more comfortable applying the skills with individuals they work with routinely. DBT can offer participants who are client-facing one more tool to utilize with clients going through difficult situations.
- **Comprehensive DBT Skills Training:** 12-14 hours. This training includes the content described in DBT Skills, as well as more foundational information on the underlying assumptions and biosocial theory. This level of training may be more appropriate for individuals regularly interacting with individuals engaging in harmful behaviors and/or dysregulation but are not clinicians. This would include CHWs, public health nurses, school counselors, and other client-facing positions. This also may be relevant for larger organizations who are integrating DBT skills into their work.



Of note, ArcaMind does not do clinical DBT training, but focuses on DBT skills.

At **ArcaMind**, we specialize in bringing **evidence-based mental health programs** into real-world settings.

Our approach is:

- Practical and easy to understand
  - Culturally responsive and community-centered
  - Designed to be delivered by non-clinical facilitators
- ArcaMind provides expert facilitators, implementation support and ongoing guidance and technical assistance.

Whether you are an individual interested in being trained, or an organization wanting to equip staff with DBT skills, we can provide the appropriate resources.

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**Contact ArcaMind today  
to explore how DBT can  
support mental health  
needs in your community.**

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