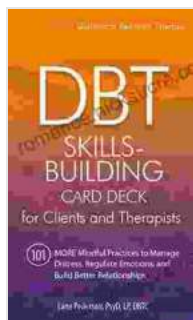


The Ultimate Guide to DBT Skills Building Card Deck for Clients and Therapists

Dialectical Behavior Therapy (DBT) is an evidence-based psychotherapy that has been shown to be effective in treating a wide range of mental health conditions, including borderline personality disorder, depression, and anxiety. DBT teaches skills in four main areas: emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness.

The DBT Skills Building Card Deck is a tool that can be used by clients and therapists to teach and practice these skills. The deck consists of 52 cards, each of which contains a different skill. The cards are divided into four suits, one for each of the four DBT skill areas.

The DBT Skills Building Card Deck can be used in a variety of ways. It can be used as a teaching tool, a practice tool, or a self-help tool. Clients can use the deck on their own or with the help of a therapist.



DBT Skills-Building Card Deck for Clients and Therapists: 101 MORE Mindful Practices to Manage Distress, Regulate Emotions, and Build Better Relationships

by Lane Pederson

★★★★☆ 4.7 out of 5

Language : English

File size : 7093 KB

Screen Reader : Supported

Print length : 188 pages

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The DBT Skills Building Card Deck has a number of benefits, including:

- **It is portable and easy to use.** The deck is small and lightweight, so it can be easily carried around in a purse or backpack. The cards are also durable and easy to shuffle.
- **It is engaging and interactive.** The cards are visually appealing and easy to understand. The activities on the cards are fun and engaging, which can help clients to stay motivated to learn and practice new skills.
- **It is effective.** Studies have shown that the DBT Skills Building Card Deck is an effective tool for teaching and practicing DBT skills. Clients who use the deck have been shown to improve their emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness.

The DBT Skills Building Card Deck can be used in a variety of ways. Here are a few ideas:

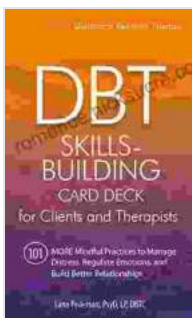
- **As a teaching tool.** Therapists can use the deck to teach DBT skills to their clients. The cards can be used to introduce new skills, review old skills, or provide examples of how to use skills in real-world situations.
- **As a practice tool.** Clients can use the deck to practice DBT skills on their own. The cards can be used to complete activities, such as role-playing, journaling, or mindfulness exercises.
- **As a self-help tool.** Clients can use the deck to help themselves cope with difficult emotions, manage stress, and improve their relationships. The cards can be used to find coping mechanisms, develop strategies

for dealing with triggers, and learn how to communicate more effectively.

There is a growing body of research that supports the efficacy of the DBT Skills Building Card Deck. One study found that clients who used the deck showed significant improvements in their emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness. Another study found that the deck was an effective tool for teaching DBT skills to adolescents.

The DBT Skills Building Card Deck is a valuable tool for clients and therapists. It is portable, engaging, and effective. The deck can be used in a variety of ways to teach, practice, and reinforce DBT skills.

The DBT Skills Building Card Deck is an essential tool for clients and therapists who are working to improve emotional regulation, interpersonal effectiveness, distress tolerance, and mindfulness. The deck is portable, engaging, and effective. It can be used in a variety of ways to teach, practice, and reinforce DBT skills. If you are looking for a tool to help you or your clients learn and practice DBT skills, the DBT Skills Building Card Deck is a great option.



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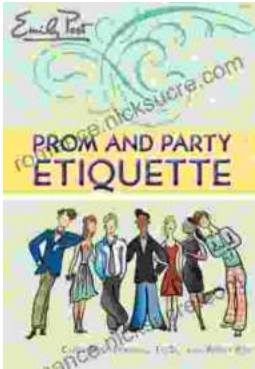
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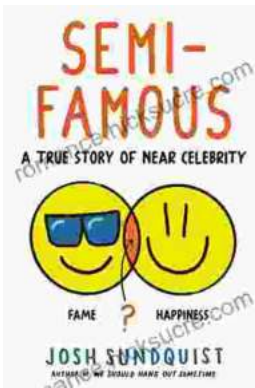
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