

**Schedule 1: 24 Weeks, Linehan Standard Adult DBT Skills Training
Schedule (Research Studies, 2006 and After)**

	Week	Standard Handout(s)	Optional Handout(s)
Repeated at the start of each module: 2 Weeks Orientation, Mindfulness Skills			
Orientation; Goals and Guidelines	1	G1: Goals of Skills Training G3: Guidelines for Skills Training G4: Skills Training Assumptions	G1a: Options for Solving Any Problem
Wise Mind; Mindfulness "What" Skills	1	M1: Goals of Mindfulness Practice M2: Overview: Core Mindfulness Skills M3: Wise Mind: States of Mind M4: Taking Hold of Your Mind: "What" Skills	M1a: Mindfulness Definitions (to hand out for home) M3a: Ideas for Practicing Wise Mind
Mindfulness "How" Skills	2	M4: Taking Hold of Your Mind: "What" Skills (cont.) M5: Taking Hold of Your Mind: "How" Skills	
Module 1 +6 Weeks Distress Tolerance Skills			
Crisis Survival; Pros and Cons	3	DT1: Goals of Distress Tolerance DT2: Overview: Crisis Survival Skills DT2: When to Use Crisis Survival Skills DT5: Pros and Cons	DT4: The STOP Skill
TIP skills	4	DT6: Tip Skills: Changing Your Body Chemistry	DT6a: Using Cold Water, Step by Step DT6b: Paired Muscle Relaxation, Step by Step
Distracting; Self-Soothing; Improving the Moment	5	DT7: Distracting DT8: Self-Soothing DT9: Improving the Moment	DT8a: Body Scan Meditation, Step by Step DT9a: Sensory Awareness, Step by Step
Reality Acceptance	6	DT10: Overview: Reality Acceptance Skills DT11: Radical Acceptance DT11b: Practicing Radical Acceptance, Step by Step (or use DTWS 9: Radical Acceptance) DT12: Turning the Mind	DT11a: Radical Acceptance: Factors That Interfere with DTWS9: Radical Acceptance
Willingness; Half-Smiling; Willing Hands	7	DT13: Willingness DT14: Half-Smiling and Willing Hands	DT14a: Practicing Half-Smiling and Willing Hands
Mindfulness of Thoughts	8	DT15: Mindfulness of Current Thoughts DT15a: Practicing Mindfulness of Thoughts	
	9, 10	2 Weeks Orientation, Mindfulness Skills	
Module 2 +7 Weeks Emotion Regulation Skills			
Understanding and Labeling Emotions	11	ER1: Goals of Emotion Regulation ER2: Overview: Understanding and Naming Emotions ER3: What Emotions Do for You ER4: What Makes It Hard to Regulate Your Emotions ER5: A Model for Describing Emotions ER6: Ways to Describe Emotions	ER4a: Myths about Emotions ER5a: A Brief Model for Describing Emotions
Checking the Facts	12	ER7: Overview: Changing Emotional Responses ER8: Checking the Facts (with ERBWS5: Checking the Facts)	ER8a: Examples of Emotions That Fit the Facts

Schedule 1 (cont.)

	Week	Standard Handout(s)	Optional Handout(s)
Opposite Action	13	ER10: Opposite Action (with ERWS6: Figuring Out How to Change Unwanted Emotions) ER11: Figuring Out Opposite Actions (with ERWS7)	ER9: Opposite Action and Problem Solving: Deciding Which to Use
Problem Solving	14	ER12: Problem Solving ER13: Reviewing Opposite Action and Problem Solving	
A	15	ER14: Overview: Reducing Vulnerability to Emotion Mind ER15: Accumulating Positive Emotions in the Short Term ER16: Pleasant Events List	
	16	ER17: Accumulating Positive Emotions in the Long Term ER18: Values and Priorities List	ER20b: Sleep Hygiene Protocol
B, C; PLEASE; Mindfulness of Emotions	17	ER19: Build Mastery and Cope Ahead ER20: Taking Care of Your Mind by Taking Care of Your Body ER22: Mindfulness of Current Emotions	ER20a: Nightmare Protocol, Step by Step ER20b: Sleep Hygiene Protocol ER21: Overview: Managing Really Difficult Emotions ER23: Managing Extreme Emotions ER24: Troubleshooting Emotion Regulation Skills (with ERWS16: Troubleshooting Emotion Regulation Skills) ER25: Review of Skills for Emotion Regulation
	18, 19	2 Weeks Orientation, Mindfulness Skills	
Module 3 +5 Weeks Interpersonal Effectiveness Skills			
Understanding Obstacles; Clarifying Goals	20	IE1: Goals of Interpersonal Effectiveness IE2: Factors in the Way of Interpersonal Effectiveness IE4: Clarifying Goals in Interpersonal Situations	
DEAR MAN	21	IE5: Guidelines for Objective Effectiveness: Getting What You Want (DEAR MAN)	IE5a: Applying DEAR MAN Skills to a Difficult Current Interaction
GIVE	22	IE6: Guidelines for Relationship Effectiveness: Keeping the Relationship (GIVE)	IE6a: Expanding the V in GIVE: Levels of Validation IE17: Validation IE18: A "How To" Guide to Validation IE18a: Identifying Validation
FAST	23	IE7: Guidelines for Self-Respect Effectiveness: Keeping Respect for Yourself (FAST)	
Evaluating Options	24	IE8: Evaluating . . . Options (with IEWS6: The Dime Game) IE9: Troubleshooting . . . (with IEWS7: Troubleshooting)	

Note. Repeat sequence for 1-year program.