



Dialectical Behaviour Therapy Skills and Art Making - 6 creative exercises

Session	Subject	Art Materials
1 9 -10.30	Introduction to DBT and States of Mind – How to get into Wise Mind	Pencils and Paper (sketch pad size paper)
2 10.30-11.45	Distress Tolerance -TIPP, STOPP Distraction and Self-Soothe	Collage – (magazines, glue, scissors A3 piece of paper, texters)
3 11.45-12.30	Improve the Moment - Mindfulness	Build a cheerleader (Clay, playdough, or found objects)
12.30-1.00	LUNCH BREAK 30 mins	
4 1.00-1.45	Radical Acceptance – stop suffering.	Willing and Wilful hands (Plain sketch paper, any Texters)
5 1.45-2.45	Interpersonal Effectiveness How to ask for our needs to be met?	How do I look when I communicate well? (paper, pens or crayons)
6 2.45 – 3.45	Emotional Regulation – Emotions? How do I remain emotionally well?	Any random craft items in your home and a gift bag – Can be a picture on paper.
Questions 3.45 – 4.00		

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You can use any art materials you like if you wish these are just suggestions. (eg.paints, clay etc). No creative talent required.