



Dialectical Behavior Therapy (DBT)

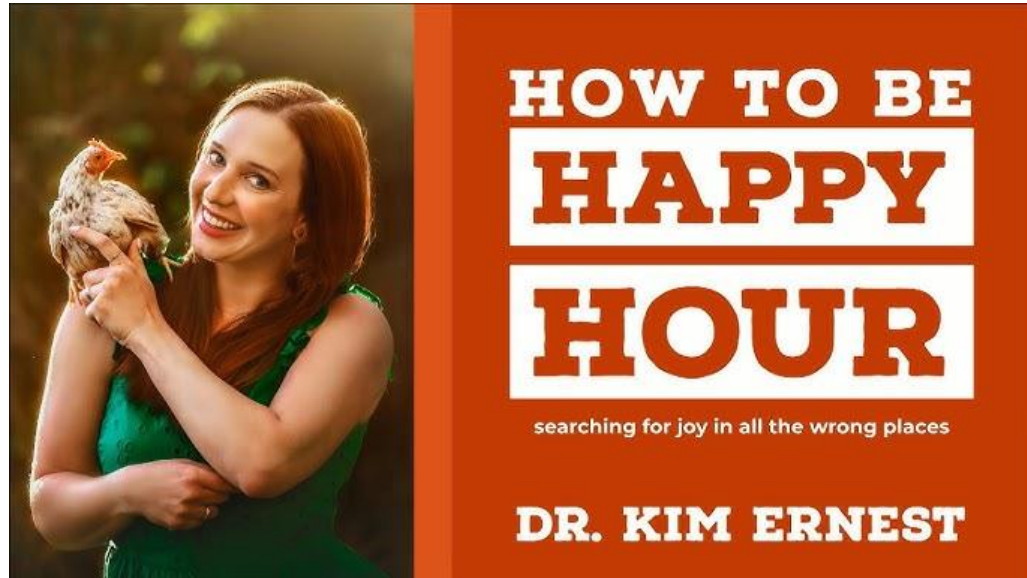
Presenter: Dr. Kimberly Ernest, Ph.D., LPC

www.PAcounseling.com

www.LiveUpCounseling.com

About Me

- Dr. Kimberly Ernest, LPC, Psychologist
- President of Pennsylvania Counseling Services
- Founder of LiveUp Counseling
- Background in addictions, re-entry, and trained in family-systems therapy (structural family therapy; ESFT)
- Follow me on LinkedIn



Refer a client!

- Not sure where a client fits, but seeking to get them involved in a different service outside of your current setting?

Our referral page provides up-to-date resources available within your community!



Scan the QR code to see our referral page!





Free and Low Cost Online Trainings

www.pacounseling.com/trainings

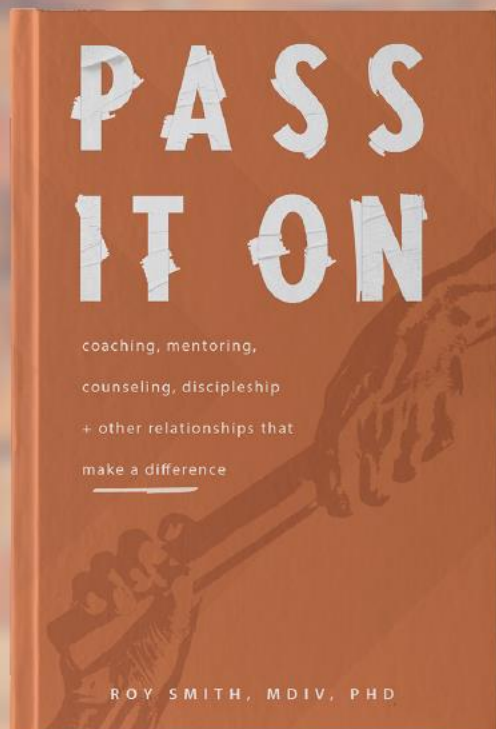
Servants Oasis

- Designed to support the healing and connection of those serving within the helping professions and faith-based leaders within their churches and communities
- Workshops and retreats to support healing for those who sacrifice to support others



PASS IT ON

a guide for mentoring, coaching,
and counseling for both men & women



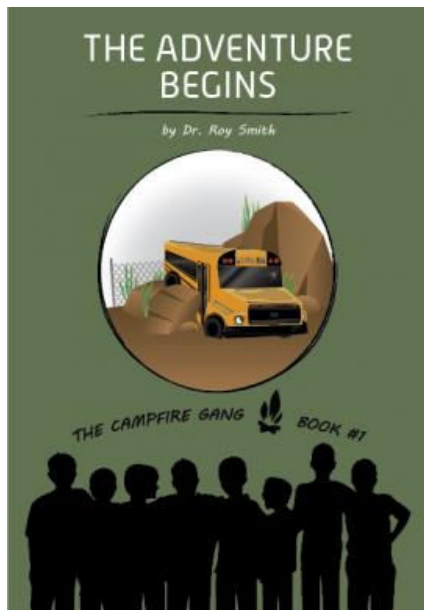
HIT THE TARGET

a step-by-step manual for building &
sustaining an effective men's ministry

LiveUpResources.com

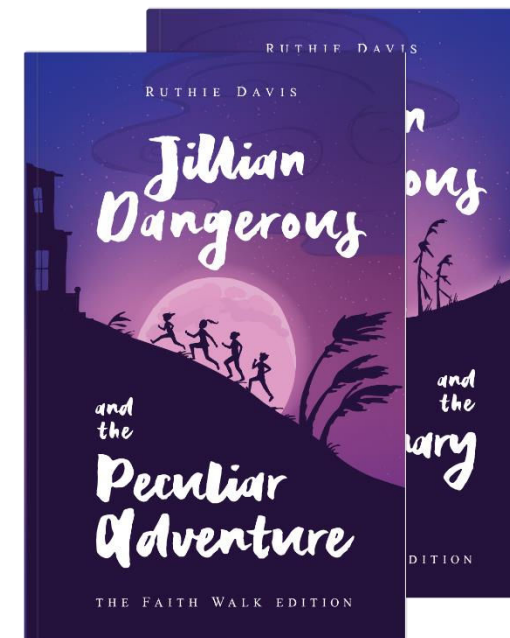
Youth Mentoring Resources

THE CAMPFIRE GANG for boys ages 5 to 13



JILLIAN DANGEROUS

for girls ages 10-15



CONFERENCE SPECIAL

Video & Workbook Bundle Survey

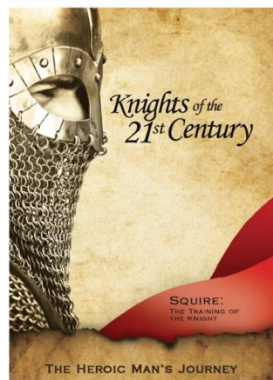


FREE VIDEO SERIES

with purchase of a workbook plus follow-up survey

WORKBOOK AND VIDEO STUDY

▶ STREAM ONLINE



MEN

Available in DVDs
24 Videos

▶ STREAM ONLINE



WOMEN

Stream Online
18 Videos

ONE BOOK BUNDLE

\$ 20

TWO BOOK BUNDLE

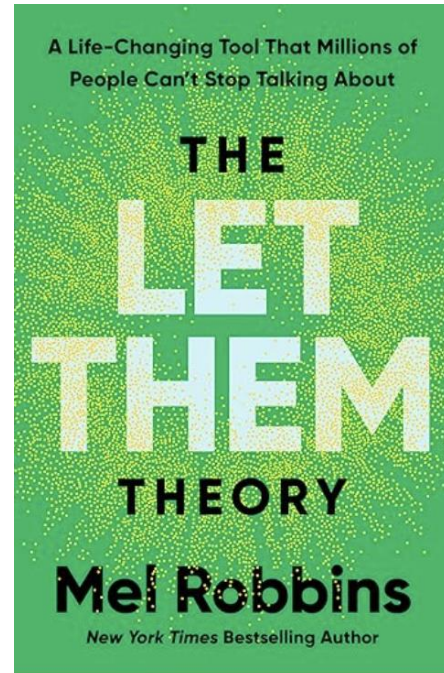
\$ 40

All proceeds go to Servant's Oasis to help ministry and community leaders refresh, reset and reignite their passion for serving others. All survey information given is confidential and intended for internal purposes only. We hope to improve our future materials with the information you provide.

Thank you for supporting
SERVANT'S OASIS



LET
THEM -
MEL
ROBBINS





Let them Theory by Mel Robbins

<https://youtu.be/z0QEblMA5EI?si=XrBF2X8sErXWFEYc>



Interact with the world as it is, not as I wish for it to be.



Let Them Theory in a Nutshell

- Creates a context of personal responsibility with personal happiness less contingent on the actions of others
- Attempting to Control Others vs. Accepting them as they are
 - If we choose acceptance – we can reduce personal stress and have healthier relationships
 - Allowing others to be themselves – can strengthen bonds and build trust.



We seek the illusion of control because we are _____

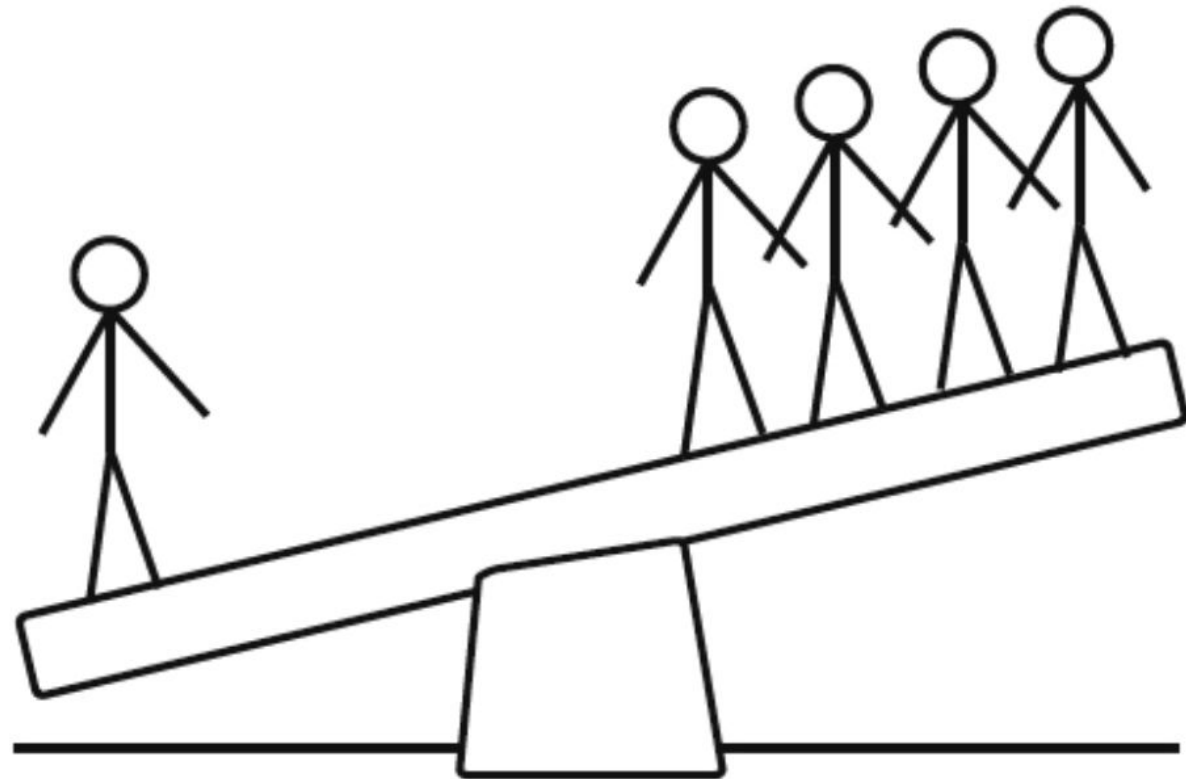
- Some feelings have a greater power to invoke our desire to control than others...

Rejection, Fear, Hurt, Left Out, or Afraid

Fear or anxiety is often driving the bus.

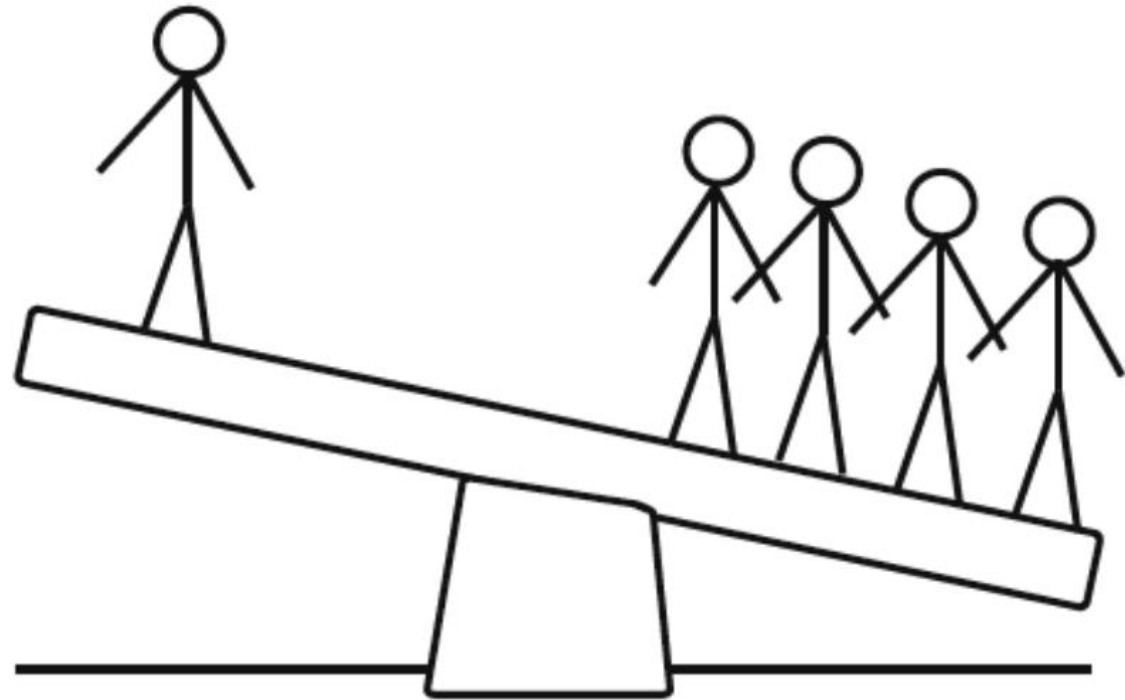
A) WITHOUT LET THEM

INFERIOR
JEALOUS
INSECURE
LEFT OUT
LESS THAN



B) SAYING LET THEM

SUPERIORITY
DETACHMENT
FALSE CONTROL
JUDGMENT





Let Me.

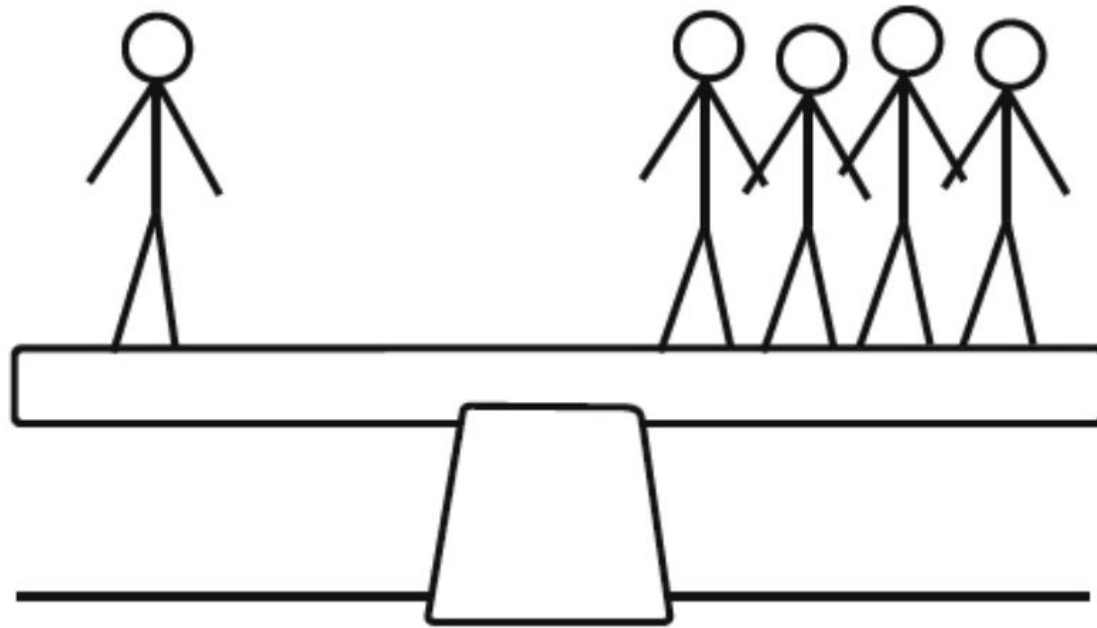
- In lieu of trying to influence or control the behavior of others to suit my preferences

I focus on what makes sense for me in this context.

1. Do I need to set a boundary
2. Do I need to have a “leaning in” conversation
3. Do I need space/Distance (no ghosting allowed)
4. Do I need to take steps to create the live I want

C) SAYING LET ME

ACCEPTANCE
UNDERSTANDING
COMPASSION
RESPONSIBILITY
TRUE CONTROL





Let me...

- When rejection is activated – so is the desire to try to control the other.
- Instead of leaning into that desire – we look at what is within our sphere of influence – look at our behavior to cultivate the outcome we want.
 - DBT Principle in Interpersonal Effectiveness
 - Values Consistent Living
 - Cognitive Diffusion (Exercise)

Hard Exit Eval Let Me.

- Explored Practices with supervisory team
- Used group supervision to explore challenges and best practices
- Implemented a discharge guidance document
- Set hard and firm boundaries



Check-In

- Where might you benefit from a little let them?





Themes of Detachment

- Cognitive Diffusion
- Radical Acceptance



Cognitive Fusion

When people get too caught up in their thoughts, they start to see them as a core part of who they are.

This makes it hard to step back and see things clearly. Thoughts take over and feel like absolute truth.

When this happens, it's difficult to separate ourselves from our thoughts, making us *feel stuck and limiting our ability to think flexibly or see different perspectives.*



Cognitive Defusion

Is a way to *stop thoughts from controlling how you see yourself.*

Instead of believing every thought as absolute truth → step back and see them as just thoughts.

Increases your flexibility in your behavioral repertoire

By creating some space between yourself and your thoughts, you can observe them without letting them take over, making it easier to stay open-minded and adaptable.



Cognitive Defusion in ACT

- Encouraging an objective examination of thoughts instead of immersion in them.
- Cultivating the skill to observe thoughts without becoming entangled.
- Embracing a mindset that allows thoughts to naturally come and go, without the need to grasp or cling to them.



Radical Acceptance in DBT

- Distress Tolerance Skill
- It does not mean you are helpless or you stop trying
- It means:
 - “You acknowledge that denying the facts of reality will not change the facts”




“Shoulds”

- Radical acceptance allows us to relieve ourselves of what “should” be
- The “why me”
- ... oh “woe is me”
- “This is unfair... “



Not an approval

- But an acceptance with “mind, body, and spirit we cannot change the present facts by not liking them”.



Radical Acceptance is Designed to Prevent Pain from Turning into Suffering

- Rumination keeps us stuck.
- WHY? WHY? WHY?
- Torturing ourselves over past mistakes and missteps
- Trying to figure out why someone hurt us
- Facts of reality are what they are.

Let them be what they are – let me do what I need to do next.



Step back

- Create space for those we love, support, supervise, or lead to grow...
 - To take personal responsibility
 - Learn
 - Ultimately fail...



“it is in the consequence – the sting – is where we learn something that is important to them and develop systems to avoid that in the future.”



- No one gets sober before they are ready.

No person on your team will take the steps they need to meet the needs of their job if they don't want to.

Let them.



Let me.

- Provide them feedback, build systems in place to better support, assist them in identifying the tools they need to succeed.
- But if they don't want to they probably won't.

Let me.

Have a hard conversation about job fit and support them in understanding that client care is the primary function of our role



When you constantly rescue

You teach people they are incapable

When you fix it for them → you
increase their dependence on you.

Eventually it won't work – you cannot
always be there to support them and
they won't learn without the sting of
failure and setbacks.



DEAR MAN SKILL

Describe the current situation (if necessary). Stick to the facts. Tell the person exactly what you are reacting to.

Express your feelings and opinions about the situation. Don't assume that the other person knows how you feel.

Assert yourself by asking for what you want or saying "No" clearly. Do not assume that others will figure out what you want. Remember that others cannot read your mind.

Reinforce (reward) the person ahead of time (so to speak) by explaining positive effects of getting what you want or need. If necessary, also clarify the negative consequences of not getting what you want or need.

Mindful keep your focus on your goals. Maintain your position. Don't be distracted. Don't get off the topic. Speak like a "Broken record." Keep asking for what you want. Or say "No" and express your opinion over and over. Just keep replaying the same thing again and again. Ignore attacks. If the other person attacks, threatens, or tries to change the subject, ignore the threats, comments, or attempts to divert you. Do not respond to attacks. Ignore distractions. Just keep making your point.

Appear confident, effective, and competent. Use a confident voice tone and physical manner; make good eye contact. No stammering, whispering, staring at the floor, retreating.

Negotiate be willing to give to get. Offer and ask for other solutions to the problem. Reduce your request. Say no, but offer to do something else or to solve the problem another way. Focus on what will work.

Boundary the AI Bear is Back...

- Is there a place where you could be more skillful in getting your needs met?
- Are there context in which you have over-functioned to protect someone from their own outcomes?





Let people be themselves...

- “You fall in love with the potential of someone”
- You’re so busy trying to control them – your relationship is deeper because you’re interacting with the person in front of you instead of your imagined version



Let them experience their emotions.

“I want to give you feedback, and it’s going to be hard, and it’s going to hurt but I don’t want you to be upset with me afterwards. And I want you to immediately accept it, look at yourself non-defensively, and demonstrate minimal reactivity, while maintaining complete and utter emotion regulation and the integrate the changes in 7-10 business days later thanking me for the live changing feedback I have provided you”

--- things I think loudly at people during some situations



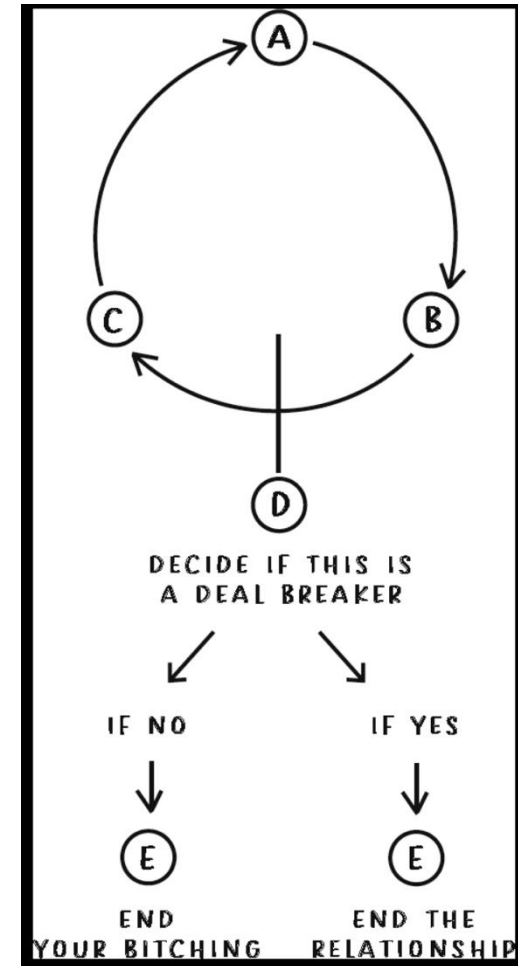
- Being authentic means creating space for authenticity.

Sometimes you'd rather people be less authentic?



Stop bailing out other adults.

DECISION LOOP





*Don't forget to download
the **Uhova** app!*

