

Skills Training Manual for Treating BPD.

- p. 2) Core disorder in BPD is emotion dysregulation.
" ... emotion vulnerability vis-a-vis emotion modulation
- p. 4) Sexual abuse — precursor to BPD?
" ... maintenance of a sense of self & emotional consistency
- p. 6) BP's lack = self-regulation, interpersonal distress tolerance
" BPD reflect a pattern of behavioral, emotional, cognitive instability and dysregulation
- p. 11) 4-skills: 1- core-mindfulness; 2- interpersonal effectiveness
3- emotion regulation; 4- distress tolerance
- p. 63) Mindfulness skills are central to Behavior Training
vide: p. 32 Daily Diary
" ... three primary states of mindfulness: 1- reasonable mind;
2- emotion mind; 3- wise mind
- p. 70) One of the primary behavioral mistakes BP's make is premature termination of relationships. (80+ cellies!)
" BP's frequently vacillate between avoidance of conflict and intense confrontation.
- p. 143) ... ability to "catch" others' moods and behavior.
- p. 84) BP's are emotionally intense and labile.
" ... from BT perspective, difficulties in regulating painful emotions are central to the behavioral difficulties of BP's
from BP's perspective, painful feelings are most often the "problem to be solved".
" Like interpersonal effectiveness and distress tolerance, emotion regulation requires application of mindfulness skills
- in this case, the nonjudgmental observation and description of one's current emotional responses. (exposure technique).
There are a number of specific BT emotion regulation skills:
" Identifying and Labeling Emotions
- p. 85) Identifying Obstacles to Changing Emotions
" Reducing Vulnerability to "Emotion Mind"
" Increasing Positive Emotional Events

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- p. 85) Increasing Mindfulness to Current Emotions
- " Taking Opposite Action
- " Applying Distress Tolerance Techniques.

p. 87) ... basic emotions: anger, sorrow, joy, surprise, fear, disgust, guilt/shame, interest.

... Emotions are also self-perpetuating. Once an emotion starts, it keeps restarting itself. When an emotion seems to stay around, it is called a "mood".

p. 96) Most approaches to mental health treatment focus on changing distressing events and circumstances ... BT emphasizes learning to bear pain skillfully.