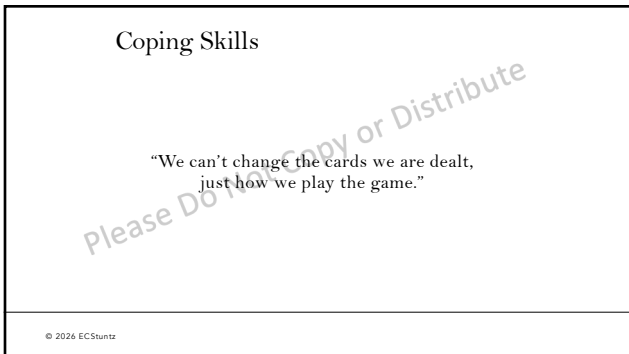


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2



3

Validation

Communicating that an individual's experience is important and makes sense

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Common Concerns

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No Right or Wrong Way

Emotional ↔ Restrained

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Dialectics

Two seeming opposites
both hold truths

It is possible to think, feel
or act more than one way

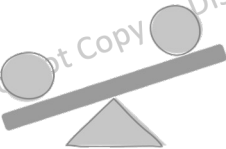
A more complete story
includes BOTH sides



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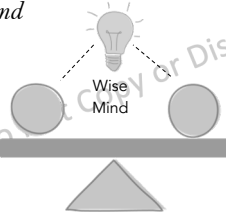
Balancing
Constant Change



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Balanced Middle
Wise Mind



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Learnings




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Internal Influences
on Coping

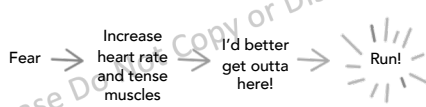


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Useful Stress
Response



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Uncertainty can Perpetuate
Stress Response

Fear Danger present Threat known Thoughts immediate danger Action constructive	Anxiety Danger future Threat unknown Thoughts potential danger Action unnecessary or unconstructive
--	---

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Ongoing Stress Response

```

    graph TD
      A[Anxiety] --> B[Increased heart rate/tense muscles]
      B --> C[This terrible thing might happen]
      C --> D[Potentially unconstructive action]
      D --> A
  
```

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Resetting *the*
Coping Circuit

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S Stop

T Take a step back, taking a deep breath

O Observe
 Body
 Thoughts
 Emotions
 Actions


P Proceed to mindfully decide



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S Stop



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T Take a step back
 Taking a deep breath



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Observe

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Observe with mindfulness
 Choosing to pay attention
 To the present moment
 Without added thoughts

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Observe Physical Responses

- Rate of breath and heart rate
- Tightness or pressure in head, throat, chest or belly
- Body Temperature
- Posture
- Digestive Changes

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Observe Emotions



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Fear


Reason	Threat to life, health, well-being
Words	Afraid, frightened, anxious, worried, fretting, nervous, scared, jumpy, fidgety, strung out, terrified, cautious, apprehensive
Message	"Avoid danger or freeze until danger passes"
Physical	Red-faced, wide eyed, open mouth; Rapid and shallow breath; Tense muscles, butterflies in stomach; High voice tone; Rigid posture; Shaking, twitching body movements
Thoughts	Focus on feared event, particularly what might go wrong
Urges/Actions	Fight / Flight / Freeze

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Adapted from Dunkley, C. (2021). *Regulating Emotion the DBT Way: A therapist's guide to opposite action*. Routledge Press: NY

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Fight uncomfortable feelings




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Open *to* allow
emotions *to*
come *and* go




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Observe
Thoughts




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Just *the* Facts

Thoughts can distort a
full and accurate view

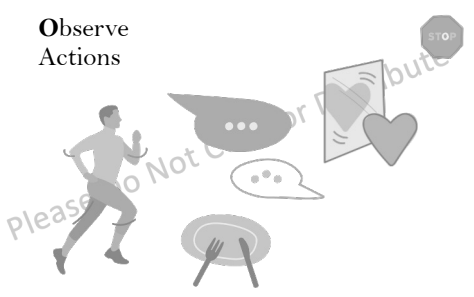


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**Observe
Actions**



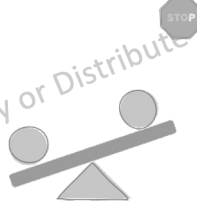
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**Proceed to
Rebalance**

Physical responses
Emotions
Thoughts
Actions




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**Physical
Responses**



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Breath Touch Muscle
Relaxation

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Check *the* Facts

Verify if your assumptions are accurate

Notice whether your personal opinion is a fact

Consider views you may be overlooking



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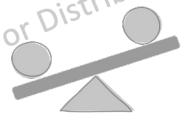
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Dialectical Thinking

Two seeming opposites both hold truths

It is possible to think, feel or act more than one way

A more complete story includes **BOTH** sides



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**Name It *to*
Tame It**

Common Words for Fear:


Anxiety	Hysteria	Tenseness
Apprehension	Jumpiness	Terror
Dread	Nervousness	Uneasiness
Edginess	Overwhelmed	Worry
Fright	Panic	
Horror	Shock	

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Rebalancing Actions

- Distract
- Soothe with sensations
- Find pleasure
- Accomplish
- Contribute
- Express gratitude
- Communicate




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Self-Talk

When you act as if you always have had courage and strength, you will find you actually do have it.
 – *Zen Wisdom*


Talk to yourself like the **most loving, encouraging, reassuring friend that believes in you** and your ability to cope



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RELATIONSHIPS



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Loneliness does not come
from being alone but being unable
to communicate something
that is important.
– Carl Jung

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Check *the*
Relationship
Facts



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Goals *and*
Priorities

Objective / DEAR
What do I want?

Relationship/ GIVE
How important is this relationship?

Self-respect / FAST
How do I want to feel about myself?

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DEAR

To Make or Refuse a Request

Describe—Facts leading up to the situation

Express—The way you feel

Assert—Your request or refusal

Reinforce—Why respond to you

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Validate

When Relationships Count

Pay attention

Reflect back

Normalize

Look for the unstated

Acknowledge the Valid

Show Equality

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**LIVING
MEANINGFULLY**



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What Matters *Most*
May Change




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What *are* Your
Sources of Meaning?

Flow State
Expressing values
Spirituality




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Willing to
See *and* Feel



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*"Hope is being able to see
That there is light despite the darkness"*
— Desmond Tutu

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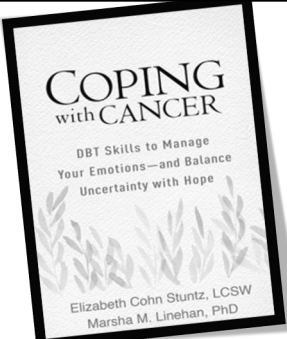
**From Clinical Practice
to Intervention Research:
Feasibility, Acceptability &
Preliminary Efficacy of a
DBT Skills Training in
Cancer Survivorship**

Chiara Acquati, PhD, LGSW, FAOSW
Beatrice E. Robinson Endowed Chair in Clinical Sexual Health
Associate Professor
Director, Dyadic Approaches to Cancer-Related Sexual Health,
Intimacy, and Relationship Well-Being (DYADICARE) Lab
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Department of Family Medicine and Community Health
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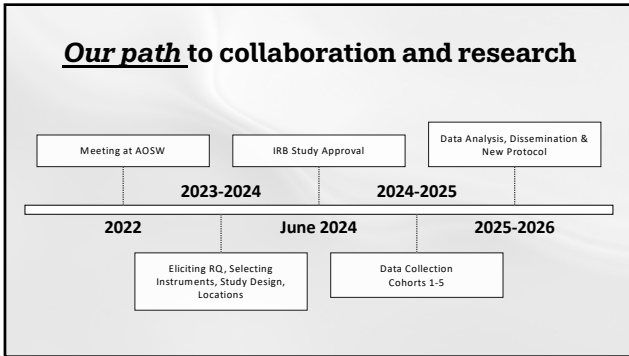
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**How can research
contribute to an
existing intervention?**

**What do we want
to know about DBT
Skills Training in
survivorship care?**



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STUDY AIMS

Establish feasibility and acceptability of an adapted model of DBT skills training among cancer survivors

Identify the **preliminary efficacy** of an adapted model of DBT skills training on selected outcomes via pretest-posttest comparison of validated questionnaires

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Feasibility & Acceptability

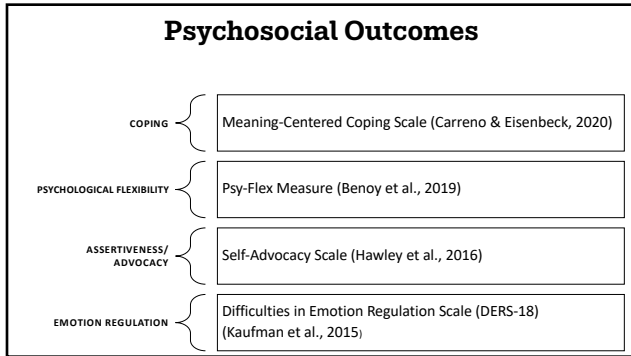
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FEASIBILITY:
≥60% RETENTION RATE IN THE PROTOCOL

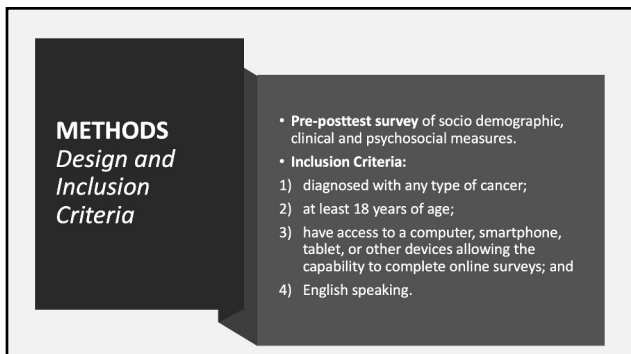
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ACCEPTABILITY
EVALUATED USING POST-INTERVENTION SURVEYS, TRAINING RATINGS, AND WORKSHOP EVALUATIONS DEVELOPED BY THE RESEARCH TEAM

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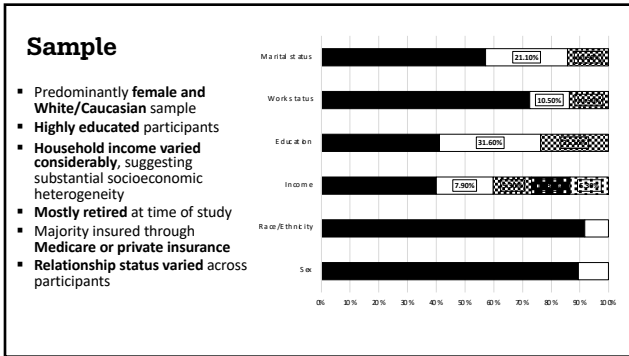
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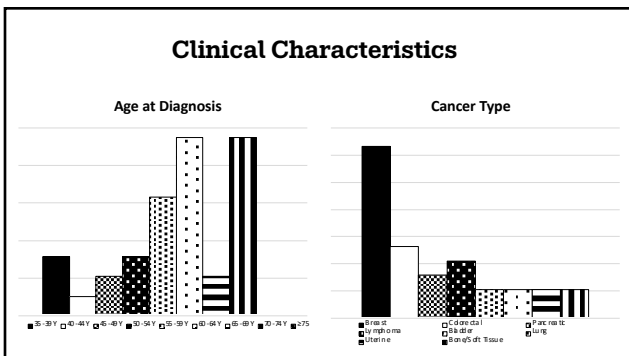
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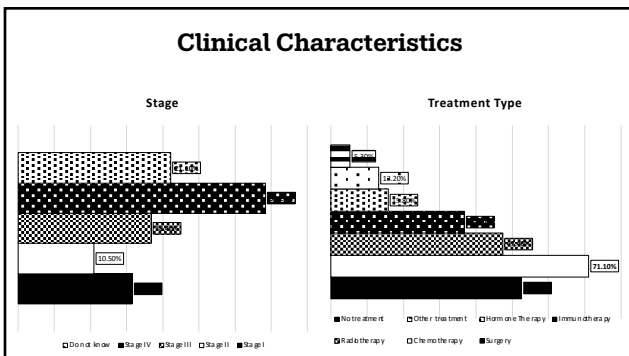
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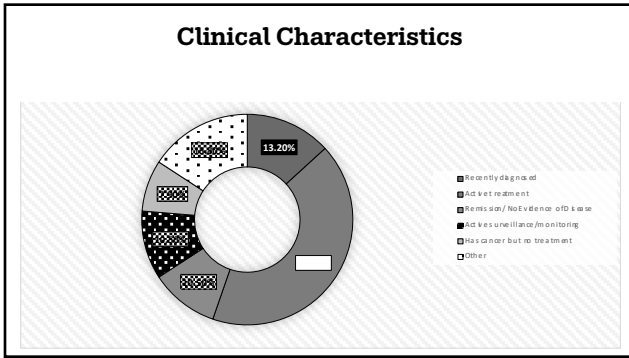
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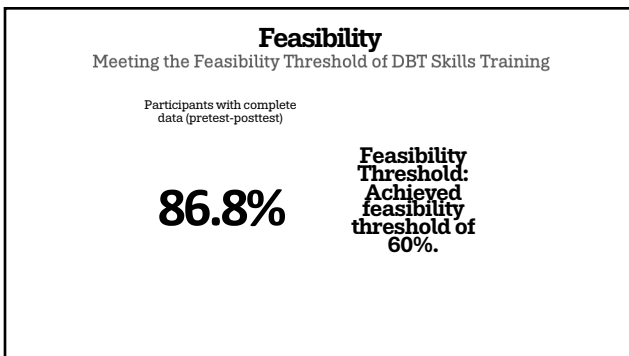
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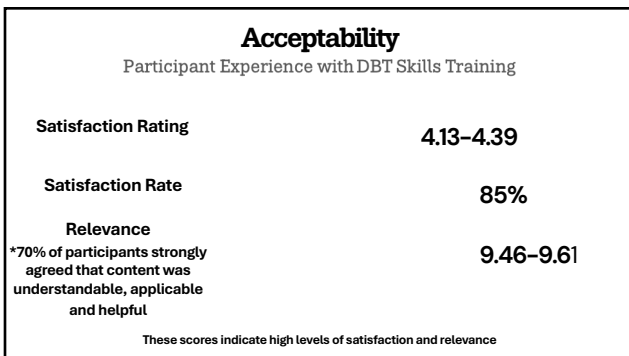
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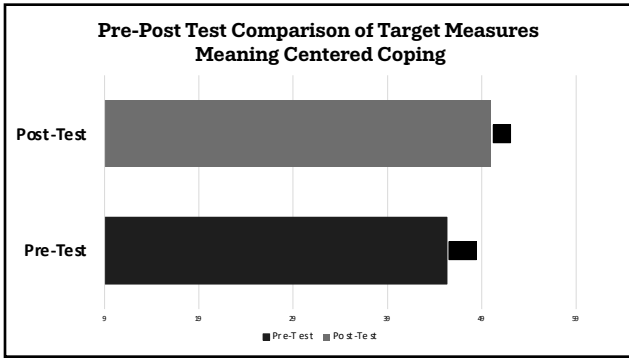
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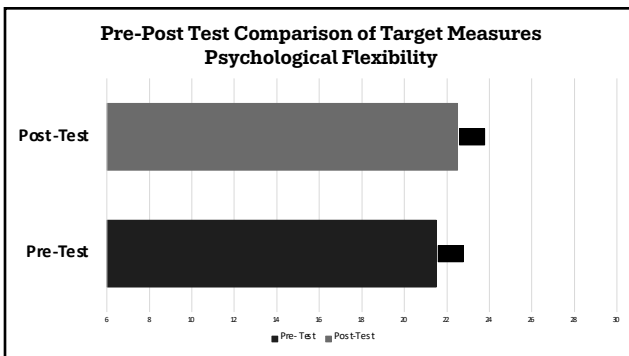
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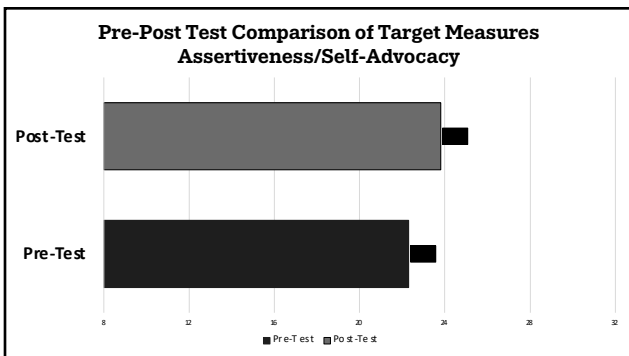
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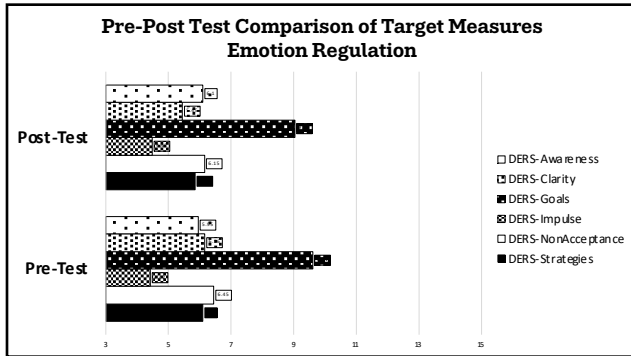
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Feasibility & Acceptability




DBT skills training is feasible, acceptable, and relevant for cancer survivors

High completion rates, strong satisfaction, and consistent endorsements of materials support its use in this population




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Preliminary Efficacy







DBT skills training associated with descriptive improvements in meaning-centered coping, psychological flexibility, and self-advocacy.

Reductions in emotion regulation difficulties -particularly in emotional clarity- observed, while emotional awareness and impulse remained stable.

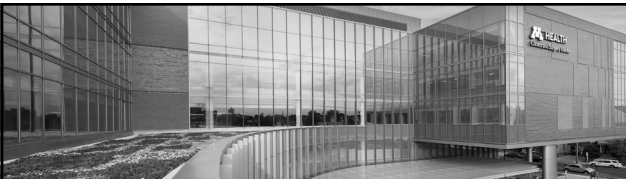


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Limitations and Future Research


	<p>LIMITATIONS: sample size, diversity in terms of race/ethnicity, sex, identity, income, cancer type, lack of longitudinal assessment</p>		<p>Emotion regulation-focused interventions address a critical unmet need among cancer survivors</p>
	<p>Findings support scaling and rigorous evaluation of DBT-based interventions in cancer care</p>		<p>NEW STUDY launching soon!</p>

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Contact Info

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Eli Coleman Institute
for Sexual and Gender Health
UNIVERSITY OF MINNESOTA
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DYADICARE Lab

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PRAXIS
BY NEW HARBINGER

DBT for Cancer and Serious Illness

Help Clients and Families Navigate Difficult Diagnoses and Live with Intention

with Elizabeth Cohn Stuntz LCSW-R and Ronda Oswald Reitz, PhD

LIVE ONLINE COURSE Starts September 8

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CE HRS

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Stay connected *for*
trainings *and* updates



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Q & A

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COMMON CANCER CONCERNS CHECKLIST

Making constructive decisions

Topics	Thoughts
<input type="checkbox"/> Treatment options <input type="checkbox"/> Medical provider <input type="checkbox"/> Second opinion <input type="checkbox"/> Financial <input type="checkbox"/> Sharing information <input type="checkbox"/> Other _____	<input type="checkbox"/> I not taking it all in. <input type="checkbox"/> Am I under/over-reacting? <input type="checkbox"/> There are so many implications. Am I considering them all fully? <input type="checkbox"/> Am I being offered all the best options? <input type="checkbox"/> Can I afford/have coverage for what I need? <input type="checkbox"/> Who do I want to tell? <input type="checkbox"/> What information and when should I share? <input type="checkbox"/> Other: _____

Managing strong emotions

Emotions	Thoughts
<input type="checkbox"/> Anxiety/Fear <input type="checkbox"/> Sadness/Grief <input type="checkbox"/> Anger and/or Frustration <input type="checkbox"/> Self-doubt and/or Guilt/Shame <input type="checkbox"/> Other _____	<input type="checkbox"/> Will this treatment help? <input type="checkbox"/> Will I die? <input type="checkbox"/> I am so anxious and overwhelmed. <input type="checkbox"/> Cancer has taken over my life. <input type="checkbox"/> This is so unfair. Why me? <input type="checkbox"/> There is so many things I can't do right now. <input type="checkbox"/> Am I being punished for something? <input type="checkbox"/> Will strong feelings unnerve me and leave me out of control? <input type="checkbox"/> Are my emotions ruling me? <input type="checkbox"/> Will I be able to work? <input type="checkbox"/> Should I be pushing myself more? <input type="checkbox"/> Am I now different? <input type="checkbox"/> I feel so helpless and out of control. <input type="checkbox"/> If I feel weak and fragile will I still have the strength to fight for my health? Other: _____

Impacts on relationships

Relationships	Thoughts
<input type="checkbox"/> Family	<input type="checkbox"/> Can I protect those around me from the stresses of cancer?
<input type="checkbox"/> Friends	<input type="checkbox"/> How do my health needs impact my relationships?
	<input type="checkbox"/> Am I a burden to others?
	<input type="checkbox"/> I am feeling alone and distant from others.
	<input type="checkbox"/> Do other people view me differently now?
	<input type="checkbox"/> Have people pulled back from me?
	<input type="checkbox"/> Do others really understand what I'm going through?
	<input type="checkbox"/> My loved one and I have different coping styles. Is this a problem?
	<input type="checkbox"/> How can we respectfully agree about how much involvement we should have with others?
	<input type="checkbox"/> Am I asking so much of others that it will hurt our relationships?
	<input type="checkbox"/> I feel unrealistic expectations to be strong and positive.
	<input type="checkbox"/> I don't want people to do so much for/ help me
	<input type="checkbox"/> I am feeling smothered,
	<input type="checkbox"/> Are others discounting or pitying me?
	<input type="checkbox"/> Do people respect my competence?
	<input type="checkbox"/> Do I still have something to offer if I can't do all that I used to be able to do?
	<input type="checkbox"/> Does my partner still find me attractive?
	<input type="checkbox"/> Are people are keeping things from me?
<input type="checkbox"/> Medical providers	<input type="checkbox"/> Are others respecting my quality-of-life concerns?
	<input type="checkbox"/> Can I get more time and explanation of the medical information?
	<input type="checkbox"/> Is a second opinion an option?
	<input type="checkbox"/> How do I deal with conflicting input on decisions?
	<input type="checkbox"/> Will I alienate my doctor if I raise these issues.?

<input type="checkbox"/> Colleagues <input type="checkbox"/> Others _____	<input type="checkbox"/> Should I share my cancer at work? <input type="checkbox"/> How will people react to my memory not being as good or my difficulty concentrating? <input type="checkbox"/> Is my job/financial security at risk? <input type="checkbox"/> Will others respect my privacy and how much/little I want to share Other: _____
--	--

Sources of deeper meaning and comfort

Topic	Thoughts
<input type="checkbox"/> Priorities <input type="checkbox"/> Values <input type="checkbox"/> Spirituality <input type="checkbox"/> Faith <input type="checkbox"/> Beliefs <input type="checkbox"/> Other _____	<input type="checkbox"/> Does my illness have a meaning? <input type="checkbox"/> Is it possible to have hope or happiness if I feel I might die? <input type="checkbox"/> I feel disconnected from who and what usually carries me. <input type="checkbox"/> Who and what brings me comfort and meaning right now? <input type="checkbox"/> What are my priorities at this time? <input type="checkbox"/> Are there changes I want to make? <input type="checkbox"/> Am I living in a way that's consistent with my values? <input type="checkbox"/> Am I using my time in ways that are important? <input type="checkbox"/> Do I want more connection to something greater such as family, science, nature, or religious or other community? <input type="checkbox"/> Other: _____

COMMON PROVIDER CONCERNS CHECKLIST

Making constructive decisions

Topics	Thoughts
<input type="checkbox"/> Response to patient concerns re: treatment options, prognosis, medical provider, second opinions, and finances <input type="checkbox"/> Sharing information <input type="checkbox"/> Other _____	<input type="checkbox"/> I'm not sure how to respond to patient concerns <input type="checkbox"/> Am I under/over-reacting to the facts and/or quality of life concerns? <input type="checkbox"/> How do I help patient balance adhering to treatment with their physical, emotional, interpersonal, financial and lifestyle concerns? <input type="checkbox"/> When, what, with whom and how much information do I share? <input type="checkbox"/> How do I best support my patient's decisions? <input type="checkbox"/> Other: _____

Managing strong emotions

Emotions	Thoughts
<input type="checkbox"/> Anxiety/Fear <input type="checkbox"/> Sadness/Grief <input type="checkbox"/> Anger /Frustration <input type="checkbox"/> Self-doubt/ Guilt/Shame <input type="checkbox"/> Other _____	<input type="checkbox"/> This is so overwhelming and unnerving. <input type="checkbox"/> Can I manage the strong of emotions of my patient and their family? <input type="checkbox"/> I won't "allow myself" to be scared, sad, or frustrated. <input type="checkbox"/> I don't want to feel this vulnerable. <input type="checkbox"/> Can I deal with all this sadness and loss? <input type="checkbox"/> This medical situation/financial reality/patient/family is so difficult. <input type="checkbox"/> People aren't responding to my suggestions. <input type="checkbox"/> I feel so helpless <input type="checkbox"/> Am I being helpful? <input type="checkbox"/> Do I know enough to effectively help people make decisions, manage emotions, negotiate relationships? Other: _____

Managing relationships

Relationships	Thoughts
<input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> Colleagues <input type="checkbox"/> Medical providers <input type="checkbox"/> Others _____	<input type="checkbox"/> I am feeling alone and distant from others. <input type="checkbox"/> I cope differently from those around me. <input type="checkbox"/> Others don't understand what it's like for me to do this work. <input type="checkbox"/> Some idealize me as special/ say they'd never want my job. <input type="checkbox"/> I feel pressure to be strong and positive. <input type="checkbox"/> Asking too much of others hurts a relationship <input type="checkbox"/> What would my colleagues think if they know my concerns? <input type="checkbox"/> Who can support me? Personally? Professionally? Other: _____

Sources of deeper meaning and comfort

Topic	Thoughts
<input type="checkbox"/> Values <input type="checkbox"/> Priorities <input type="checkbox"/> Spirituality <input type="checkbox"/> Faith <input type="checkbox"/> Beliefs <input type="checkbox"/> Other _____	<input type="checkbox"/> Am I working in a way that's consistent with my values? <input type="checkbox"/> Am I using my time in ways that are important? <input type="checkbox"/> What are my priorities at this time? <input type="checkbox"/> Am I making a meaningful difference in people's lives? <input type="checkbox"/> Am I feeling burned out? <input type="checkbox"/> Who and what offers me comfort and meaning right now? <input type="checkbox"/> Are there changes I want to make? <input type="checkbox"/> Do I want more connection to something greater such as family, science, nature, or religious or other community? <input type="checkbox"/> Other: _____

FEAR Family
Threat to life, health, well-being
Message – AVOID DANGER

	Observe and validate responses and message	Wise strategies- find balance
Emotion words	Afraid, frightened, anxious, worried, fretting, nervous, scared, jumpy, fidgety, strung out, terrified, cautious, apprehensive	Name it to tame it
Body	Breath: Rapid and shallow	Paced breathing , sigh
	Physical sensations: muscles tense, butterflies in the stomach, clenched stomach or chest, electrified torso or limbs	Progressive muscle relaxation 20 second hug with 10 minutes of hand holding
	Posture: Shoulders up, hands clasped, tight grip	Relax shoulders and grip Upright, torso back
	Facial Expression: Red-faced, wide-eyed, open-mouthed, lip biting	Relax face Turn up lip corners
	Voice tone: High, speechless	Lower, softer tone
	Movements: Shaking, twitching, jumpy, fidgeting, pacing, lifting/tapping toes	Quiet body. Remain still. Relax.
Thoughts Narrow, either/or, ruminating, critical /self-critical worries	“I might be rejected, hurt, fail, die or lose someone/ something important”	Check the facts for assumptions, judgments or myths. Get accurate and balanced info . Return to present moment Compassionate self-talk
Actions	Urges to avoid danger - fight, flee, freeze	Choose to act on urge, OR balance response, act opposite of unproductive urges, solve problem another way

DEAR: Asking for What I Want or Need

Example: *You like and trust your doctor but you feel rushed during appointments, and often leave with unanswered questions. You have a worried feeling that you don't know all the facts required to make the best decisions.*

Your situation: _____

Completing the following steps can help you approach difficult interpersonal situations skillfully. Read the example and then fill in a response to your own situation on the lines provided.

Describe: First, describe the facts of the situation. What happened first, second, last? Do not express any opinions or use colorful language. *E.g.: I have been to see you several times in the last two months, and each time we cover a great deal of information in a short time. Each session I have left with troubling questions when we are out of time.*

Express: Express your feelings about the situation without blaming the other person.

E.g., I feel overwhelmed by the importance of the decisions I'm facing, and I worry that if I don't have all of the information I need, I won't be able to make informed decisions.

Ask/Assert: Tell the other person what you want/need. Be clear. Don't assume that the other person should already know what you want or need. *E.g., I would like to have a way to ask my questions and to get thorough answers. Perhaps that means longer appointments or maybe I can communicate with you between sessions online.*

Reward: Tell the other person how meeting your request will benefit them. *E.g.: If I am able to get answers to my questions, I will feel more confident making decisions and won't need to schedule more information gather appointments. We can begin treatment.*