

What's a DBT Skill Peer Meeting?

Jan 25, 2024 with Dr. Ursula Whiteside
Journey to Health ECHO

**Welcome to our DBT Skills
Peer Meeting.
I'll teach you by running one
today.**

Meeting Goal & Background

Goal

A co-created community of storytelling and skills focus to support those currently in emotional hell or who are familiar with it.

Background

We meld the free anonymous peer support meetings (without the higher power or abstinence emphasis) with Dialectical Behavior Therapy (DBT) skills groups (without the hierarchical structure and with different views on personal sharing and member relationships).

Meeting Agenda

Intro (10 min)

Opening ,Greeting, Preamble, Steps & Traditions, Stress Model & Ratings

Milestones (10 mins)

DBT Skill (20 mins)

Intense Skill Focus + Discuss New Skill, Ideas, and Plan for Use

Closing (20 mins)

Share Appreciation/Insight in Chat, Music, Breathing or community song

Intro

Opening ,Greeting, Preamble, Steps & Traditions,
Stress Model & Ratings

Opening

Goal

A co-created community of storytelling and skills focus to support those currently in emotional hell or who are familiar with it.

Background

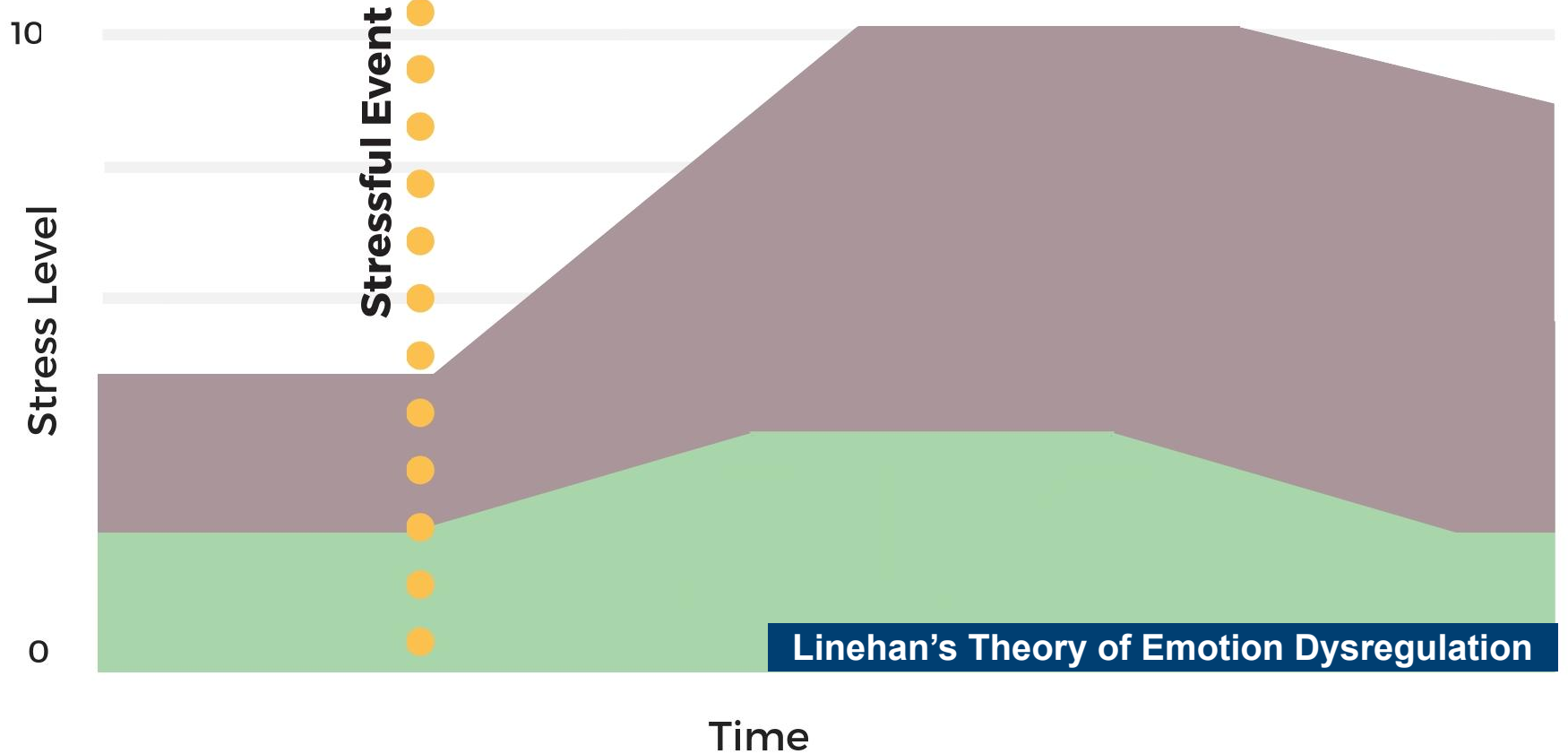
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Greeting

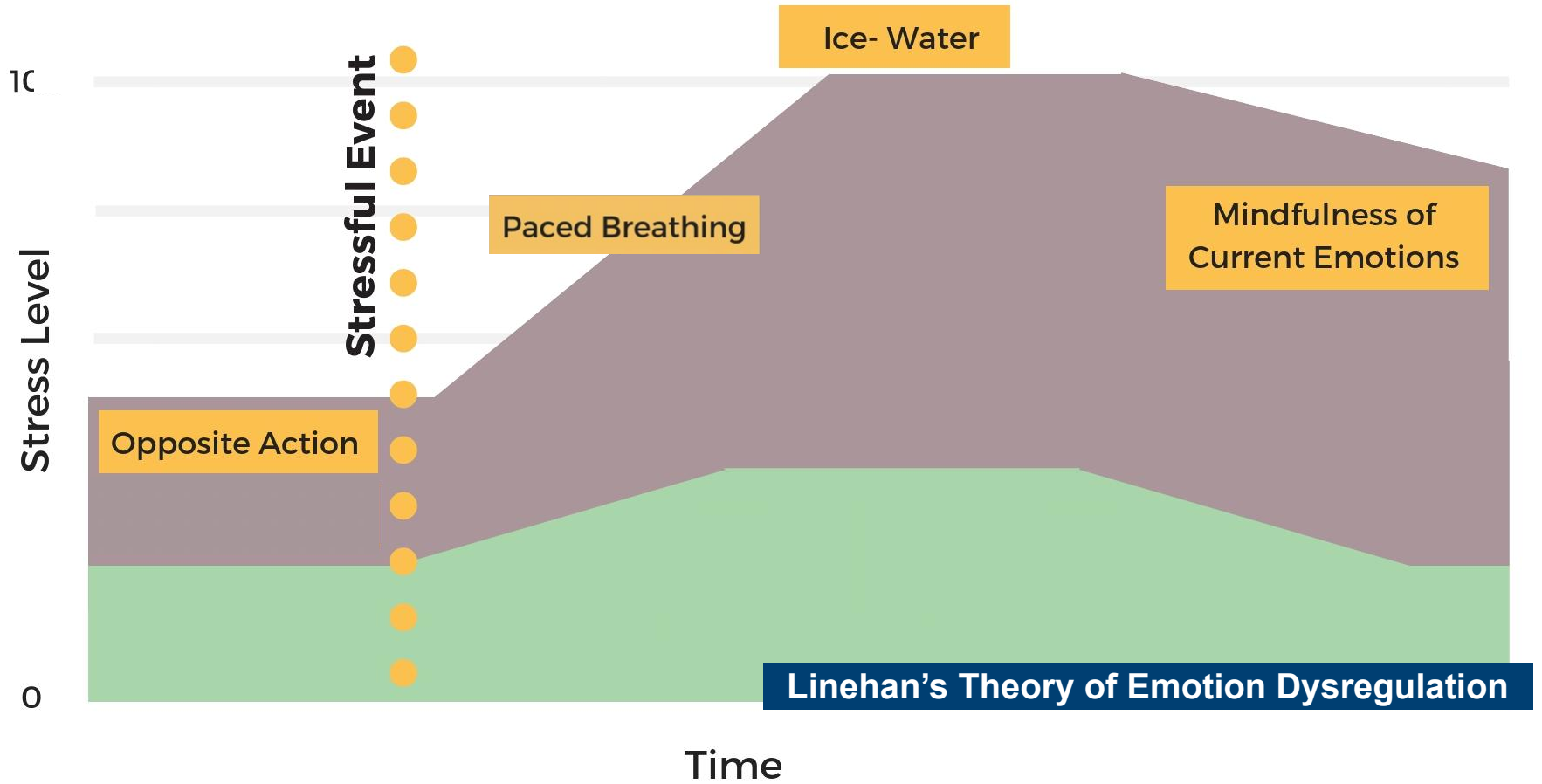
Preamble

Stress Model

Stress Model



Stress Model



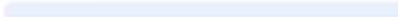
Stress Ratings

Current Stress Level? (10 being your most stressed)

Red: 7.5 to 10 or more



Orange: 5 to 7.5



Green: Below 5




Past Week: Average stress level the past week? (10 being your most stressed)

Red: 7.5 to 10 or more



Orange: 5 to 7.5



Green: Below 5




Past Week: Highest stress level? (10 being your most stressed)

Red: 7.5 to 10 or more



Orange: 5 to 7.5



Green: Below 5



Meeting Steps

Actions we can take to make a life worth living

Traditions

Ways that we can value each other, our group, and our common purpose.

Other Coping Strategies

Stressful Person/Situation	Making Progress	Health	Dealing with Anxiety
Distraction	One thing at a time	Setting up quality sleep	Re-focusing on the present moment
Direct Communication	Brainstorming solutions	Movement (walking or other exercise)	Sitting with body sensations
Limiting Contact	Trying possible solutions	Nutrient Food	Breathing exercises

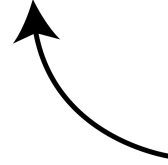
[Skill Examples](#)

New DBT Skill

Intense Skill Focus

18 mins, ends 45 mins into hour

Use these skills when you're feeling overwhelmed and need instant relief.



emotional temperature > 8/10

Cold Water

Stick your face in cold water

Paced Breathing

Take slow deep breaths and exhale longer than you inhale

Cold Water & Paced Breathing Exercise

Plan ahead: Think about the next time you think you'd be able to use cold water and paced breathing, when your emotional temperature > 8/10.

Click the "raise hand" button if you're willing to share, or you can type your answer in the chat!

Closing

Feedback Survey, Sharing an Appreciation/Insight in Chat
5 mins, ends 60 mins into hour

Closing

Feedback for Meeting Improvement

surveymonkey.com/r/DBTPM1



End of Meeting