



COUNSELING CENTER

Radical Acceptance: DBT Intro

Do you feel like your emotions are becoming harder and harder to regulate? Are relationships between friends and family strained or tumultuous? Oftentimes, these circumstances can make us feel alone and can lead to harmful behaviors like substance use, self-injury, and suicidal ideation. While these feelings can be intense, there are ways that therapy can help. For many, Dialectical Behavioral Therapy (DBT) is a very effective method for treating intense emotions. Built around the concept of Radical Acceptance, DBT is used to help clients accept their circumstance for what it is, while also understanding their part in how to create positive change. In this psychoeducational workshop we will discuss Radical Acceptance and its major concepts, as well as common indicators that DBT might be a good therapeutic option for you.

Signs and Symptoms:

- Difficulty regulating emotions
- Impulsive behavior
- Substance use
- Self-injury
- Over or under eating
- Suicidal ideation
- Anxiety
- Difficulty concentrating
- Social withdrawal
- Indecisiveness
- Overwhelming depression
- Fatigue
- Irritability
- Instability within relationships

Quick coping tips/strategies:

- Remind yourself “you’re doing the best you can.”
- Find supportive distractions.
- Learn effective coping skills to control yourself physically and mentally.
- It’s ok for you to leave an uncomfortable situation.
- Take a deep breath.
- Notice your surroundings. What can you see, smell, or physically touch?
- Practice Mindfulness by being aware and accepting of what is going on around you.

To learn more, attend the Radical Acceptance: DBT Intro Workshop!

