

# Mindful Continuing Education

## Dialectical Behavioral Therapy Skills and Interventions

**1. DBT was originally created to treat people with which of the following mental health diagnosis?**

- A. Borderline Personality Disorder
  - B. Narcisistic Personality Disorder
  - C. PTSD
  - D. Anxiety
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**2. This mode of treatment in DBT can be effective on its own in treating numerous mental health disorders.**

- A. Team Consultation
  - B. Individual Therapy
  - C. Phone Coaching
  - D. Skills Training
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**3. This DBT core concept teaches people how to label emotions, identify problems surrounding emotions, and habits they have as reactions to feelings.**

- A. Mindfulness
  - B. Emotional Regulation
  - C. Interpersonal Effectiveness
  - D. Distress Tolerance
- 

**4. This DBT core concept teaches people to ask for what they need and want without feeling guilty.**

- A. Mindfulness
  - B. Emotional Regulation
  - C. Interpersonal Effectiveness
  - D. Distress Tolerance
- 

**5. Wise mind is often experienced as which of the following?**

- A. emotion mind
  - B. rational mind
  - C. intuition
  - D. observation
-

**6. Which of the following is not a problem-solving skill and should only be used during the most challenging situations?**

- A. Crisis survival skills
  - B. Distress tolerance
  - C. Wise mind
  - D. Radical acceptance
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**7. This distress tolerance skill helps to distract from a situation that is feeling overwhelming.**

- A. SUN
  - B. ACCEPTS
  - C. ABC PLEASE
  - D. DEAR MAN
- 

**8. This DBT core concept is about learning to slow down and focus on the moment.**

- A. Mindfulness
  - B. Emotional Regulation
  - C. Dialectics
  - D. Distress Tolerance
- 

**9. A DBT acronym that helps identify feelings is which of the following?**

- A. SUN
  - B. ACCEPTS
  - C. ABC PLEASE
  - D. IMPROVE
- 

**10. This DBT core concept states that change is the only constant and that all opposing factors should be given consideration.**

- A. Mindfulness
  - B. Emotional Regulation
  - C. Dialectics
  - D. Distress Tolerance
- 

**11. When acting on an emotion would not be an effective response, this might be an effective skill to use.**

- A. SUN
  - B. ABC PLEASE
  - C. Opposite action
  - D. Radical acceptance
-

**12. Which of the following skill is a way to build and maintain healthy, communicative relationships?**

- A. SUN
  - B. GIVE
  - C. FAST
  - D. DEAR MAN
- 

**13. Which of following skill helps people maintain their self-respect during an argument?**

- A. SUN
  - B. GIVE
  - C. FAST
  - D. DEAR MAN
- 

**14. When a person experiences what state, their emotional intensity and speed slow down, leading them to start sharing what is happening and how they feel about the situation.**

- A. safe
  - B. emotionally justified
  - C. willing
  - D. validated
- 

**15. Types of boundaries include all except for which of the following?**

- A. Cultural Boundaries
  - B. Physical Boundaries
  - C. Emotional Boundaries
  - D. Psychological Boundaries
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**16. One can utilize physical body senses as a means to cope during times of crisis by engaging in which practice?**

- A. tolerate distress
  - B. self-soothe
  - C. emotionally regulate
  - D. improve relationships
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**17. This DBT core concept teaches people how to self-soothe in healthy ways when they feel overwhelmed by emotions.**

- A. Mindfulness
- B. Emotional Regulation
- C. Interpersonal Effectiveness

D. Distress Tolerance

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**18. Noticing that you are not accepting the situation and committing yourself to acceptance is part of the steps of this skill.**

- A. Willingness
  - B. Self-soothing
  - C. Reality acceptance
  - D. Turning your mind
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**19. How many weeks does it take for most clients to complete DBT treatment?**

- A. 4
  - B. 8
  - C. 12
  - D. 16
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**20. When working with high-risk clients it is not uncommon for therapists to feel despair and experience burnout, one of DBT's modes of treatment to address this is.**

- A. Skills Training
  - B. Individual Therapy
  - C. Team Consultation
  - D. Radical Acceptance
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