

Mindful Continuing Education

Dialectical Behavioral Therapy Skills and Interventions

1. DBT was initially created to treat people with which of the following mental health diagnoses?

- A. Borderline Personality Disorder
 - B. Narcissistic Personality Disorder
 - C. PTSD
 - D. Anxiety
-

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
-

3. This DBT core concept teaches people how to label emotions, identify problems surrounding emotions, and the 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 skills and should only be used during the most challenging situations?

- A. Crisis survival skills
 - B. Distress tolerance
 - C. Wise mind
 - D. Radical acceptance
-

7. This distress tolerance skills 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. Dialects
 - 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. Dialects
 - 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 a 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
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15. Types of boundaries include all except for which of the following?

- A. Cultural Boundaries
 - B. Physical Boundaries
 - C. Emotional Boundaries
 - D. Psychological Boundaries
-

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
-

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

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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