

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
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3. This DBT core concept teaches people how to label emotions, identify problems surrounding emotions, reduce habits based on their feelings, and increase positive emotions by changing the way they think.

- 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 to make it through a challenging and difficult time?

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

7. This distress tolerance skill helps to distract from a situation that feels overwhelming.

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

8. Which 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. Which DBT acronym helps identify an emotion?

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

10. This DBT core concept states that everything has an opposite and that change will only happen when the opposing force is greater than the current force.

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

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

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

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

14. When individuals begin to slow down emotionally and share what is happening and how they feel about a situation, they are likely feeling:

- A. safe
 - B. emotionally justified
 - C. willing
 - D. validated
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15. Which of the following is not a type of boundary to set in situations that may be unhealthy or unproductive?

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

16. Which skill involves using physical body senses to cope during times of crisis?

- 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 which skill?

- A. Willingness
 - B. Self-soothing
 - C. Reality acceptance
 - D. Turning your mind
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19. How many weeks does it typically take to complete DBT treatment in group training classes?

- A. 4
 - B. 8
 - C. 12
 - D. 16
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20. Which DBT mode of treatment is used to address the despair and burnout therapists may experience when working with high-risk clients?

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