

**Adult Intensive Outpatient Program (IOP)  
Orientation Packet and Materials**



**Portland DBT**  

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**I N S T I T U T E**

# Welcome!

## A Note from Our Team

We are glad you are here and to welcome you to the Adult Intensive Outpatient Program (IOP) at Portland DBT Institute - Portland. We strive to deliver the highest quality, full fidelity Dialectical Behavior Therapy (DBT) possible, fully adhering to Marsha Linehan's tried-and-proven model. Like Marsha, we strive for effective compassion in all our work, helping clients to obtain their own Life Worth Living by encouraging new ways of going about life and using skillful means to achieve goals. Delivering the best treatment possible to you matters to us. It also matters to us that we do this as a team, in community with one another and being in this together.

Within the IOP, you will brainstorm ways to reach goals which matter to you. You will learn and have lots of opportunities to practice lots of scientifically proven DBT skills – some geared to learn to radically accept that which cannot be changed and others to radically change what can be changed. We'll focus a lot on cultivating your deep sense of wisdom (Wise Mind) to help you figure out whether to focus on whether to change or accept a situation and how to do it effectively. You will have an individual therapist, group leaders, one another, and other members of our PDBTI provider community to help guide and support you along the way.

As you may know, you are on the ground floor of our launch of this new IOP service. We want to get it right – for you, the others who are in your classes, and for those that will follow you. With that in mind, we welcome your feedback as we go – what you like and believe is working well and what you'd recommend we do differently.

In this package are several important materials to help orient you to the IOP. These include:

- General schedule
- Contact lists and Zoom information
- Additional guidelines for participation
- Labeling of emotional issues
- Content curriculum
- Target Group worksheet
- Building Structure curriculum
- DBT Skills Training Manual

Again, we are so thrilled to have you join us!

Welcome aboard!

**The Adult IOP Team**  
**Portland DBT Institute - Portland**

# Portland Adult IOP Schedule

Time	Monday Leader: Alisha Wells Co-Leader: Peter Henry	Wednesday Leader: Eva Johnson Co-Leader: Peter Henry	Thursday Leader: Mandy Porter Co-Leader: Jacinto Silva-Alvarez	Friday Leader: Eva Johnson Co-Leader: Leigh Moralez
11:00am	Mindfulness	Mindfulness	Mindfulness	Mindfulness
11:30am	<b>DBT Skill Training:</b> Homework Review	Target Group	<b>DBT Skill Training:</b> Homework Review	<b>DBT Skill Training:</b> Homework Review
12:30pm	<b>DBT Skill Training:</b> Learning New Skills	Building Structure	<b>DBT Skill Training:</b> Learning New Skills	<b>DBT Skill Training:</b> Learning New Skills
1:50pm	Wrap Up	Wrap Up	Wrap Up	Wrap Up

IOP Manager: Mandy Porter: (740) 805-1622 | Operations Associate: Jacinto Silva-Alvarez: (971) 703-7905

# Portland Adult IOP Contact Sheet

Name	Phone Number	Email Address	Role
Alisha Wells, CSWA, CADC II	(503) 290-3289	awells@pdbti.org	Group Leader (M)
Eva Johnson, QMHA	(971) 339-3520	ejohnson@pdbti.org	Group Leader (W/F);
Peter Henry, QMHA	(971) 339-3536	phenry@pdbti.org	Co-Leader (M/W)
Leigh Moralez, QMHP	(971) 339-3528	leighmoralez@gmail.com	Co-Leader (F)
Mandy Porter, PsyD, ABPP	(740) 805-1622	mporter@pdbti.org	Group Leader (Th); Portland Adult IOP Manager
Jacinto Silva-Alvarez, QMHA	(971) 703-7905	jsilvaalvarez@pdbti.org	Operations
			Other

## Zoom Link for Adult IOP Group Skills Training (Same link every time)

Topic: DBT Skills Training - Portland IOP

Time: This is a recurring meeting  
Join Zoom Meeting  
<https://zoom.us/j/99518709032>

Meeting ID: 995 1870 9032  
Find your local number: <https://zoom.us/j/99518709032>

# Additional Guidelines for Participation

(For full Participation Guidelines, see p. 12 in DBT Skills Training Handouts and Worksheets)

1. All sessions are confidential. No photos, videos, or recordings during Zoom sessions. When participating over Zoom, make sure you are in a private, closed space to protect everyone's confidentiality.
2. Be respectful. Pay attention, give constructive feedback, and avoid judgments. Please pack your phone away while group is in session. For Zoom sessions, please sit at a table or desk and one-mindfully focus on group.
3. Please refrain from directly naming potentially triggering or contagious behaviors while participating in group and instead label them as target behaviors. Examples of target behaviors include substance use, self-harm, explicit details of trauma, etc.
4. Please avoid cliquey behaviors. Be inclusive and keep it light. Group members are welcome to stay in touch outside of group as long as all communication takes place in group chat where ALL group members are invited. Similarly, if group members decide to go on an outing together, ALL group members should be invited. Once group members graduate, they must be removed from group chats due to the need for confidentiality for incoming members.
5. If you are in a crisis, you should contact your individual therapist for skills coaching. Group members are asked not to contact one another during those times.
6. Missing three groups in a row or two individual therapy sessions in a row means you are out of the IOP altogether. That means all IOP services – including individual therapy.
7. As outlined in the IOP consent form, a no-show/late cancel for an IOP group session means you will be charged \$225. An advanced cancel with a notice of at least 24 hours means you will be charged \$100. Please discuss this policy with your individual therapist to problem solve.

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## What is Dialectical Behavior Therapy (DBT)?

- DBT is an effective treatment for people who have difficulty controlling their emotions and behaviors.
- DBT skills help people experience a range of emotions without necessarily acting on those emotions.
- DBT aims to replace problem behaviors with skillful behaviors.
- DBT skills help young adults navigate relationships in their environment.
- DBT helps people create a life worth living.

## What Does “Dialectical” Mean?

### **Dialectical:**

Two opposite ideas can be true at the same time, and when considered together, can create a new truth and a new way of viewing the situation. There is always more than one way to think about a situation.

## Portland DBT Institute's PDX Adult Intensive Outpatient CURRICULUM

*\*Note: Potential homework assignments for each day are listed at the top of the Handouts used during the day, and are assigned by the skills trainer.*

Units	Monday	Wednesday	Thursday	Friday
<b>Unit 1: Living with Intention</b>	<p><b>Goals of Skills Training:</b> General Handouts 1-3 (p9-12)</p> <p><b>Goals of Mindfulness:</b> Mindfulness Handouts 1-1A (p45-46)</p> <p><b>Core Mindfulness Skills:</b> Mindfulness Handouts 3-3A (p50-53)</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Orientation (Building Structure p3-6)</p>	<p><b>Mindfulness WHAT Skills:</b> Mindfulness Handout 4-4A (p53-59)</p> <p><b>Biosocial Theory:</b> General Handout 5, (p14-15)</p>	<p><b>Mindfulness HOW Skills:</b> Mindfulness Handout 5-5A (p60-63)</p> <p><b>Assumptions in DBT:</b> General Handout 4 (p13)</p>
<b>Unit 2: Surviving a Crisis</b>	<p><b>Goals for Distress Tolerance:</b> Distress Tolerance Handout 1 (p321)</p> <p><b>Overview of Crisis Survival Strategies:</b> Distress Tolerance Handout 2 (p325)</p> <p><b>STOP:</b> Distress Tolerance Handout 4, p327</p> <p><b>Pros &amp; Cons:</b> Distress Tolerance Handout 5, p328</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Goal Setting and Planning (Building Structure p7-11)</p>	<p><b>TIP Skills:</b> Distress Tolerance Handout 6, p329</p> <p><b>Wise Mind ACCEPTS:</b> Distress Tolerance Handout 7, p333</p>	<p><b>Self-Soothing:</b> Distress Tolerance Handout 8, p334</p> <p><b>IMPROVE:</b> Distress Tolerance Handout 9, p336</p>
<b>Unit 3: Letting Go with Acceptance</b>	<p><b>Overview of Reality Acceptance Skills:</b> Distress Tolerance Handout 10 (p341)</p> <p><b>Radical Acceptance:</b> Distress Tolerance Handout 11, p342</p> <p><b>Turning the Mind:</b> Distress Tolerance Handout 12, p345</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Reinforcement, Pleasure, &amp; Mastery (Building Structure p12-15)</p>	<p><b>Willingness:</b> Distress Tolerance Handout 13, p346</p> <p><b>Half-Smiling and Willing Hands:</b> Distress Tolerance Handout 14, p347</p>	<p><b>Mindfulness of Current Thoughts:</b> Distress Tolerance Handout 15, p350</p>
<b>Unit 4: Understanding your Emotions</b>	<p><b>Goals for Emotion Regulation:</b> Emotion Regulation Handout 1 (p205)</p> <p><b>Overview of Understanding and Naming Emotions:</b> Emotion Regulation Handout 2 (pg209)</p> <p><b>Model for Describing Emotions:</b> Emotion Regulation Handout 5, p213</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Values and Priorities (Building Structure p16-20)</p>	<p><b>Overview of Changing Emotional Responses:</b> Emotion Regulation Handout 7 (p227)</p> <p><b>Checking the Facts:</b> Emotion Regulation Handout 8, p228</p>	<p><b>Opposite Action:</b> ER Handouts 9-11, p230-240</p> <p><b>Problem Solving:</b> Emotion Regulation Handout 12, p241</p>

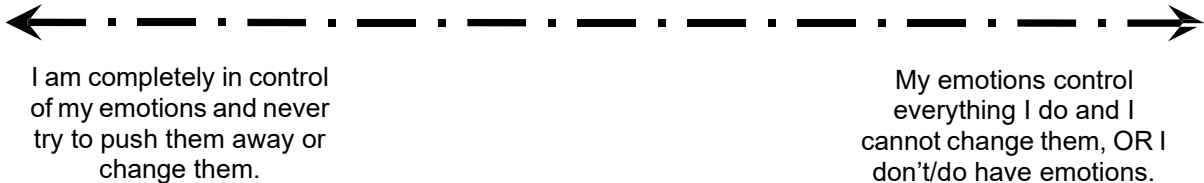
<p><b>Unit 5: Building Positive Emotions</b></p>	<p><b>Overview of Reducing Vulnerability to Emotion Mind &amp; Building a Life Worth Living:</b> Emotion Regulation Handout 14 (p247)</p> <p><b>Accumulating Positives – Short-Term:</b> ER Handouts 15-16, p248-251</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Finding and Strengthening Social Relationships (Building Structure p21-26)</p>	<p><b>Accumulating Positives – Long-Term:</b> (Emotion Regulation Handout 17, p252)</p> <p><b>Values and Priorities List:</b> ER Handout 18, p253-255</p> <p><b>Build Mastery:</b> Emotion Regulation Handout 19, p256</p>	<p><b>Accumulating Positives – Short Term:</b> (Emotion Regulation Handout 15,16, p248)</p> <p><b>Cope Ahead:</b> Emotion Regulation Handout 19, p256</p> <p><b>PLEASE:</b> Emotion Regulation Handout 20, p257</p> <p><b>Sleep Hygiene Protocol:</b> Emotion Regulation Handout 20B, p259</p>
<p><b>Unit 6: Managing Difficult Emotions &amp; Letting Go of Suffering</b></p>	<p><b>Overview of Managing Really Difficult Emotions:</b> Emotion Regulation Handout 21, p263</p> <p><b>Mindfulness of Current Emotions:</b> Emotion Regulation Handout 22, p264</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Increasing Vocational and Educational Activities (Building Structure p27-32)</p>	<p><b>Managing Extreme Emotions:</b> Emotion Regulation Handout 23, p265</p> <p><b>Troubleshooting ER Skills:</b> ER Handout 24, p266-267</p>	<p><b>Review of Emotion Regulation Skills:</b> Emotion Regulation Handout 25, p268</p>
<p><b>Unit 7: Building Strong Relationships</b></p>	<p><b>Goals for Interpersonal Effectiveness:</b> IPE Handout 1, p117</p> <p><b>Overview of Obtaining Objectives Skillfully:</b> IPE Handout 3, p123</p> <p><b>Clarifying Goals:</b> IPE Handout 4, p124</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Addressing Barriers to Structure Part I (Building Structure p33-35)</p>	<p><b>DEAR MAN:</b> IPE Handout 5, p125-126</p> <p><b>GIVE:</b> IPE Handout 6, p128</p> <p><b>Levels of Validation:</b> IPE Handout 6A, p129</p>	<p><b>FAST:</b> IPE Handout 7, p130</p> <p><b>Evaluating Options for Intensity &amp; Factors to Consider:</b> IPE Handout 8, p131-133</p>
<p><b>Unit 8: Walking the Middle Path</b></p>	<p><b>Overview of Walking the Middle Path:</b> IPE Handout 14, p149</p> <p><b>Dialectics:</b> IPE Handout 15-16C, p150-154</p>	<p><b>Target Group</b></p> <p><b>Building Structure Group:</b> Addressing Barriers to Structure Part II (Building Structure p36-39)</p>	<p><b>Validation:</b> IPE Handout 17, p155</p> <p><b>How-To Guide to Validation:</b> IPE Handout 18, p156</p> <p><b>Recovering from Invalidation:</b> IPE Handouts 19-19A, p158-160</p>	<p><b>Strategies for Increasing the Probability of Behaviors You Want:</b> IPE Handout 20, p161</p> <p><b>Strategies for Decreasing or Stopping Unwanted Behaviors:</b> IPE Handout 21, p162</p>

# WORKSHEET 1:

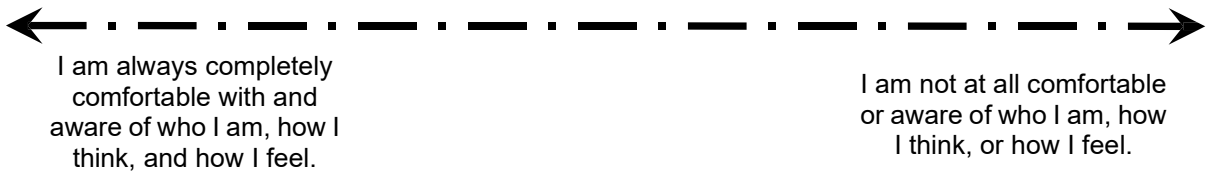
## Where do you fall on each continuum of problems?

Place an X and today's date on each continuum for where you think you are. Sometimes people think they fall on both sides of a continuum and rarely in the middle. If that is true for you, you can place two X's on the continuum.

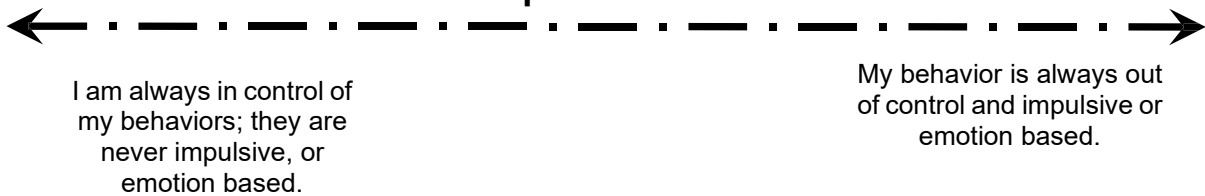
### Emotions



### Confusion/Distracton



### Impulsiveness



### Relationship Problems



### Executive Functioning



## WORKSHEET 2: Weekly Target Goals Worksheet

Consider the treatment plan you've created with your individual therapist. Use the table below to describe your daily behavioral goals. What behaviors do you hope to accomplish each day? Be as specific as possible. Next, write down skills you have learned that will help you reach those behavioral goals. Which skills will support these behaviors? What could potentially get in the way? Record any relevant notes or observations and bring them to your individual therapy session for additional problem solving.

Date:	Behavioral Goals	Skills Goals
Thursday		
Friday		
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		

### Notes/observations for individual therapy:

Week currently? Map it out. How many hours in all domains? What's missing from triangle? What's missing for you?