Singing a Song of DBT
(to the tune of "Can You Hear The People Sing" from Les Miserables)

Can you hear the people sing?
Singing a song of DBT
It's a song of hope for those who live
With sensitivity

We harmonize in Zen
Our tune is CBT
And the singers sing so
Dialectically

We climb down into hell
To find the ones who lost their way
We build a ladder out so they
Can live another day

We fight every day, every night
For the right to be free

Can you hear the people sing
Singing a song of DBT
It's a song of hope for those
Who live with sensitivity

We harmonize in Zen
Our tune is CBT
And the singers sing so
Dialectically

We stay alert for judgment
It's our mortal enemy
We fight invalidation
Of emotionality

With wise mind we find we can fragilize minimally.

Can you hear the people sing
Singing a song of DBT
It's a song of hope for those
Who live with sensitivity

We harmonize in Zen
Our tune is CBT
And the singers sing so
Dialectically

Charlie Swenson (2013)

DBT As Gambler
(to the tune of "The Gambler" by Kenny Rogers)

On a warm summer's evenin'
On my way back from treatment
I met up with a gambler
His game was DBT

We took turns a talkin'
'bout how things were goin'
Whether I was changin'
Through my therapy

He said, "Son I've made my life
Out of hearing people's stories
Seein' where they're stuck
And helpin' them to see,
So if you don't mind my sayin'
I can see you're goin' nowhere
If you give me some commitment
I'll try to set you free."

I knew he had me goin'
When I gave him my commitment
That I would change my life
Instead of waitin' 'til I die
And the air grew very still
He sounded so irreverent,
Said, "if you want to fix your problems
Ya' got to look 'em in the eye."

Refrain

You've got to know when to solve 'em
Know when to soothe 'em
Know when to suck it up
And know when to run

You never make no progress
Avoidin' all the struggles
You gotta sit down at the table
And join in on the fun

Now every gambler knows
The secret to effectiveness
Is knowin’ when to validate
And knowin’ when to fight
'Cause every day's a good one
And every day's a bad one
And the best that you can hope for
Is to go to sleep each night.

So when he finished speakin'
And vanished into nowhere
I knew that he had dealt me
Some cards that I could play.
Now every time I hit a wall
And think I'm goin' nowhere
I focus my attention
On the words I heard him say.

Refrain

You've got to know when to solve 'em
Know when to soothe 'em
Know when to suck it up
And know when to run

You never make no progress
Avoidin' all the struggles
You gotta sit down at the table
And join in on the fun

Refrain (repeat)
Charlie Swenson (2012)

Let It Be… DBT (to the tune of Let It Be, by the Beatles)

When you find yourself in times of trouble Linehan is there for you
You can save your life with DBT.
When someone breaks your heart again and no one's there to comfort you
You can soothe your soul with DBT

Take your time, you can try, there is no need to die,
You can build your life with DBT
And when your hope is gone and your anxiety is killing you,
You can use your skills from DBT

And when your skills don't do the job you cannot think of something new,
You can ask a coach just what to do

Take your time, you can try, you do not need to die
You can build your life with DBT

And when your mind is haunted by the kinds of things you can't forget
You can free your mind with DBT

And when it seems that all is lost and nothing truly helps you yet
There is still an answer in DBT

Take your time, you can try, you do not need to die
You can build your life with DBT

Charlie Swenson, 11/25

Oh Give Me a Skill
(to the tune of "Home on the Range")

Oh give me a skill
Instead of a pill
When negative feelings are here,
With something to do
I can navigate through
Sadness, shame, anger and fear.

Please help me to see
Just what I can do to get free
Of acts and beliefs
That while giving relief
Hurt my self-efficacy.

When life is a test
And I'm sorely distressed
And I can't tolerate one more day,
I need skills to survive
Through a crisis alive
So I don't throw my whole life away.

Please give me a clue
For accepting what's painful but true,
To distract and self-soothe,
And this moment IMPROVE
'Til the worst of the feelings pass through.

Can you possibly show
Me how to say no?
I never learned how it should be,
I can't get it right,
I end up in a fight
Or I give up what matters to me.

Please help me to know
Effectively how to say no,
Using DEAR MAN GIVE FAST
So my friendships can last
Without sacrificing my goal.

So help me to find
My way to wise mind
Where Emotions and Reason are paired,
Where discouraging words
Just fly by like birds,
And I know if I'm scared I'm just scared.

Observe and describe,
Participate brings me alive ,
One thing at a time
Leave the judgment behind
And finally just do what works.

Charlie Swenson (12/12)

WHAT A DAY FOR EXPOSURE

(to the tune of, *What a Day for a Daydream*, by the Lovin'Spoonful)

What a day for exposure,
What a day to confront my fears,
It's the way to get closure
On what's been haunting me for years and years,

And though my trauma memories are poor,
My thoughts are deadly, and my body keeps score,
Every day I avoid more and more,
It's gotten to where I won't even open my door.

What a day for exposure,
To act opposite the urge to avoid,
It's the way to get closure,
To face my fears and learn I won't be destroyed.

If I insist that you stay by my side,
Please turn me down, it's just another way to hide,
I've got to walk this path that feels so dire,
I've got to learn that I can go through the fire.

(Whistle)

And now I expose myself to things every day,
I do it repeatedly and all of the way,
And when I notice myself running away,
I turn right around and I can hear myself say:

What a day for exposure,
Perfect day for confronting my fears,
It's a way to get closure
On things (G) that have haunted me for years and years,

(Whistle)

WHEN I'M 92 (to the tune of "When I'm 64," by the Beatles)

When I get older, losing my voice,
Many years from now,
Did you notice I already lost my hair,
I'm losing my mind If it ever was there.
If I show up to teach DBT Will you be there too?
Will I be cool when, I am just droolin',When I'm 92.

You'll be older too.
And if you just say the word I'll be here with you.

I could be handy, teach you a skill
When you lose control.
When you don't know how to do strategies,
I can show you exposure and contingencies.
I'll teach validation as much as you want,
Dialectics too.
Will you still listen 'Til I go missin'
When I'm 92.

Each November at the time of ISIT
We can meet again if we're all alive,
We'll go face to face.
We'll bring grandchildren there with us
And save the human race.

Send me an email, tweet me a tweet,
Stating point of view.
Indicate precisely whether you agree
To go on meeting perpetually.
Give me an answer, don't let me down,
Let's go 'til we're through.
We may be declining, but I'm not resigning
Until I'm 92.

Hot to Go (Chappel Roan) Renamed as: “ACCEPTS”

Verse 1
I could be the one or your new direction
It’s all in my head and I’m on a mission
I just want the world and a plan for winning
Who can blame me call me life worth living

Bridge
Baby don’t you like to TIP?
I got ice so dive with me
I’m at a hundred ninety nine degrees
When your diving with me, diving with me

Chorus
ACC EP TS
Breathe and tip and feel your toes
Raise your hands and then let go
Dance it out and let it go
ACC EP TS
Breathe and tip and feel your toes
Raise your hands and then let go
ACC EP TS
ACC EP TS
You can tolerate this moment
ACC EP TS
You can tolerate this moment

Verse 2
Well I woke up alone starting at my skills book
I try not to care but that’s not wise mind
If it’s too much to bear I’ll pace my breathing
Extending exhalation for one hot minute

Bridge
Baby don't you like to TIP?
I got ice so dive with me
I'm at a hundred ninety nine degrees
When your diving with me, diving with me

Chorus
ACC EP TS
Breathe and tip and feel your toes
Raise your hands and then let go
Dance it out and let it go
ACC EP TS
Breathe and tip and feel your toes
Raise your hands and then let go
ACC EP TS
ACC EP TS
You can tolerate this moment
ACC EP TS
You can tolerate this moment

Outro
What's it take to get distracted?
What's it take for wise mind home?
Hurry up it's time for skills use
Order up I'm hot to go
(repeat)
ACC EP TS
Breathe and tip and feel your toes
Raise your hands and then let go
Dance it out and let it go

Lay all your love on me (ABBA) Renamed as: "Don't go wasting your emotion"

Verse 1
I couldn't regulate before we met
Now every situation I see is an opportunity
And I feel emotions all the time
I heard you say that all emotions have validity

Bridge
And now everythings a clue
Now everything is new
And all I've learned has been rehearsed
I beg of you…

Chorus
Don't go wasting your emotion
Use skills to regulate

Verse 2
It was like playing tug of war
I tried to pull but never did I drop the rope
I never knew that I could accept
Not every minute calls for behavior change

Bridge
And now everythings a clue
Now everything is new
And all I've learned has been rehearsed
I beg of you…

Chorus (x2)
Don't go wasting your emotion
Use skills to regulate
Verse 3
I've had a few little times to think
Emotions I thought were silly actually had functions

I used to try hard not to feel
That made my life even more be unpredictable

Bridge
And now everythings a clue
Now everything is new
And all I've learned has been rehearsed
I beg of you...

Chorus (x3)
Don't go wasting your emotion
Use skills to regulate

Skills Group Bop (Sung to Blitzkrieg Bop by the Ramones)

Hey, ho, let go! (x4)

Verse1
My chains are in a straight line
I'm gonna find some skills time
I'm not losin' my mind
Skills Group Bop
Diary card in my seat
Skills to go through the heat
Target behaviors to beat
Skills Group Bop

Chorus
Hey, ho, let go
Find a middle path now
Life worth living, what I know
All revved up and ready to go

Verse 2
Emotions with the curved lines
Model them in my time
The function is in my mind
Skills Group Bop
Diary card in my seat
Skills to go through the heat
Target behaviors to beat
Skills Group Bop

Chorus
Hey, ho, let go
Find a middle path now
Life worth living, what I know
All revved up and ready to go
THIRD VERSE SAME AS THE FIRST!
Hey, ho, let go! (x3)

9-to-5 (Dolly Parton) Renamed as: “Skills 9 to 5”

Verse 1
Tumble out of bed and stumble on my skills book
Tell myself to increase commitment
And start work to bring meaning to this life
Turn to a skill and notice resistance
Try to change despite the conditions
For folks like me on my skills from 9 to 5

Chorus
Skills 9 to 5, it’s work without vacation, I
Can cope ahead to deal with temptation
I use every skill, I really do keep tryin’
Searchin’ for solutions, goin’ with wise mind
9 to 5, it makes so much more sense
If I am clean and sober, if I choose abstinence
If I can build new bridges, find some sober friends
And surf the urges that arise when I get tense

Verse 2
I can dream of alternate rebellion
Shave my head and print out a slogan
Trick myself into adaptive denial,
I have to admit I have no immunity,
Accept support from my community,
And use my skills to get through the latest trial.

Chorus
Skills 9 to 5, it’s work without vacation
I can cope ahead, plannin’ for temptation
I can use wise mind in service of my searches
Of what to do when I get hit with urges
9 to 5, it makes so much more sense
If I am clean and sober, if I choose abstinence
If I can build new bridges, find some sober friends
And surf the urges that arise when I get tense

Repeat chorus

Tragedy (Bee Gees) Renamed as: DBT!

Verse 1
Here I lie, in my bed, oh I am overwhelmed
Don't know how to make my SUDS start going down
Now I know, I just can't make it all alone
I really should be finding skills, learning skills
practicing skills, oh I need skills!

Chorus
DBT! When everything feels wrong and you can't go on
Get DBT! When the feeling's high and you don't know why
It's hard to bear With no ice pack beside you, you're goin' through hell
DBT! When you lose control and you got no hope
Get DBT When you want to cry and you don't know why
It's hard to bear With a chain beside you, you're goin' somewhere

Verse 2
Everyday, there's wisdom growing inside of me
No black and white, I see things dialectically
Now I know, I can handle more things on my own
And I can still ask for help, be effective, learn to live with myself, learn to love myself

Chorus
DBT! When the feeling's there and you can bear
You learned DBT When you start to cry and you know why
Its mindfulness Observe and describe and you're goin' to thrive
DBT When you got that speed, movement and flow
It's DBT When the burnout's high and you don't know why
Your team is there With Marsha's courage and wisdom, we've all made it here

ACCEPTANCE AND CHANGE
(To the tune of "Roll On, Columbia, Roll On"; spoof lyric by Jeremy Stone)

We need acceptance and change,
We plead acceptance and change.
When we speak of behaviors folks must rearrange,
We need both acceptance and change.

You can't expect people to change what they do
If they can't believe you know what they go through.
Your empathy helps them to try what is new,
Combining acceptance with change.

CHORUS
A woman who treated folks in great distress
Had trouble in helping them through their duress.
The skills that she taught them were hard to access;
They needed acceptance with change.

She set out to implement what she had found;
She'd stumbled on something that's truly profound.
She looked for new methods to clearly expound
Her blend of acceptance and change.

CHORUS

When I was much younger, and new at this game,
I had one supervisor who made me feel shame.
She didn’t teach much, and I won't say her name;
She needed acceptance and change.

When patients are challenging, so it may seem,
To stay therapeutic while letting off steam,
We need good support from our colleagues, our team;
Providing acceptance and change.
CHORUS