The Basement: Get out!

-Reduce Life-threatening behaviors
-Treatment-destroying & interfering behaviors
-Quality-of-Life interfering behaviors

Stage 1 Goals: Behavioral Control

Stage 2: Misery & Quiet Desperation
-First Floor: Exposure/Experiencing
-Increase emotional experiencing
-Reduce emotional avoidance
-Increase skills in all domains

Stage 2 Goals: Emotional Exposure & Experiencing

Stage 3: General Problems in Living
-Second Floor: Get Engaged
-Work toward meaningful life goals
-Values-based actions & living
-Increase self-respect
-Maintaining & Sustaining

Stage 3 Goals: Dealing w/ Ordinary Happiness & Unhappiness

Stage 4: Incompleteness
-The Roof
-Life beyond therapy!
-Getting out of “the system” and into life
-Spiritual experiences, traveling to distant lands, contributing to the world, etc.

Stage 4 Goals: Maximize capacity for joy & freedom

The House of DBT®
Created by: Patrick L. Kerr, Ph.D. (2014)