

# Dialectical Behavior Therapy (DBT) Workbook



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BRILLIANT MENTAL HEALTH

Dr Eboni Webb

## Biography



In July 2010, Dr. Webb established her private practice, Kairos, located in Middle Tennessee. Renamed The Village of Kairos, the practice provides a range of specialized Dialectical Behavior Therapy (DBT) services, notably for trauma-based and co-occurring disorders. The Village of Kairos has broadened its therapeutic offerings, and newly developed Restorative Services will encompass individual and group therapy sessions. These sessions cater to adolescents, parents, families, and adults, including in-the-moment coaching for patients.

Dr. Webb earned her doctorate in psychology from the Minnesota School of Professional Psychology. Initially, she commenced her clinical endeavors as the assistant clinical director and program director at Mental Health Systems in Minnesota, a prominent clinic specializing in Dialectical Behavior Therapy (DBT). She possesses extensive experience in DBT, having developed two specialized treatment programs tailored for clients with developmental disabilities and borderline intellectual functioning. Currently, Dr. Webb serves as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA) and has facilitated DBT training sessions on an international scale.

Recently, Dr. Webb completed Level II training and is in the final stages of obtaining her board certification as an Advanced Certified Practitioner in Sensorimotor Psychotherapy<sup>SM</sup>. This modality has emerged as a notable component of therapeutic services offered at The Village of Kairos.

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## Five Movements Mindfulness

This mindfulness exercise is inspired by Bonnie Bainbridge Cohen's book *Sensing, Feeling, and Action*. In it, she discusses the five developmental movements.

These fundamental movements help us to bodily connect and attach, particularly with our primary caregivers.

Take a moment to settle into a comfortable position to study your body. Notice your feet on the ground and the support your body receives from the surface beneath—be it a chair, couch, or floor.

Breathe, breathe, breathe.

Next, allow your body to surrender.

This is the first developmental movement where we entrust ourselves to external support. This complete surrender corresponds to the “corpse pose” or Savasana in yoga.

If needed, extend your feet out in front of you and allow the chair or surface to hold you up completely. Rest your head back and notice how it feels in your body to surrender. The next movement will be to create a push in the body.

Ground your feet firmly and exert pressure either through your palms against your thighs or through your feet against the floor. Notice how the push feels inside.

Next, extend your hand mindfully, as if reaching for an imaginary object ahead of you. Consider how you reach out your hand.

Do you reach with an open hand? Is your palm turned up? Down?

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Rather than becoming overly attached to what you do, maintain a sense of curiosity and observe your natural tendencies when reaching out, noticing what happens in your body.

Next, either physically grasp an object or visualize doing so.

The act of grasping naturally follows the motion of reaching, providing an opportunity to understand the sensations associated with holding onto something.

Imagine securing something precious to you. Reflect on how you might bring that home to yourself.

You may notice a tendency to place your hand over your chest or abdomen or to simply rest them on your lap.

Take a moment to consider this specific movement.

As an additional exercise, you might want to return to the motion that felt most peaceful for your body and be curious about the movements that did not feel good.

Remember, this exercise emphasizes observation rather than judgment.



## THIS IS A PREVIEW OF THE DBT WORKBOOK

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