

DBT, ART & ACTION TECHNIQUES FOR EXPLORING
CONFLICT & AMBIVALENCE IN CLINICAL PRACTICE
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LEARNING OBJECTIVES

1. State 2 principles of Dialectal Behavior Therapy that can be integrated with art therapy practice.
2. Describe 2 methods of art and expressive therapy to use when faced with a client presenting issues of ambivalence or conflict.
3. Describe how to employ writing prompts to phenomenologically explore the experience of dialectical tension.



MINDFULNESS - CORE PRINCIPLE OF DBT

INTENTIONAL AWARENESS OF BEING

A meditation practice, used to ground and clear space, set intention and take a pause.



SOCIOMETRY

Group exploring of issues in action

1. Builds group
2. Warms group up to issue
3. Assesses group concern



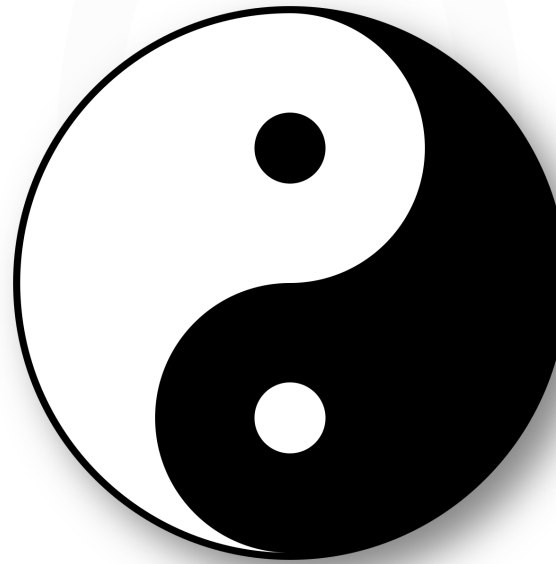
DIALECTICAL THINKING

Wholeness

Interrelatedness

**Within every truth,
There is it's opposite**

**Wisdom within
Contradictions**



**conflict and opposition are
part of the process**

**Change is the
Nature of Life**

Reality is not static



CHARACTERISTICS OF DIALECTICAL THINKING

1. The interdependence of opposites
2. The inter-penetration of opposites
3. The unity of opposites



DIALECTICAL THINKING IN PSYCHOLOGY

1. Gestalt Psychology
2. Humanism
3. Transpersonal Psychology
4. Internal Family Systems (IFS)
5. Postive Psychology
6. Nonviolent Communication

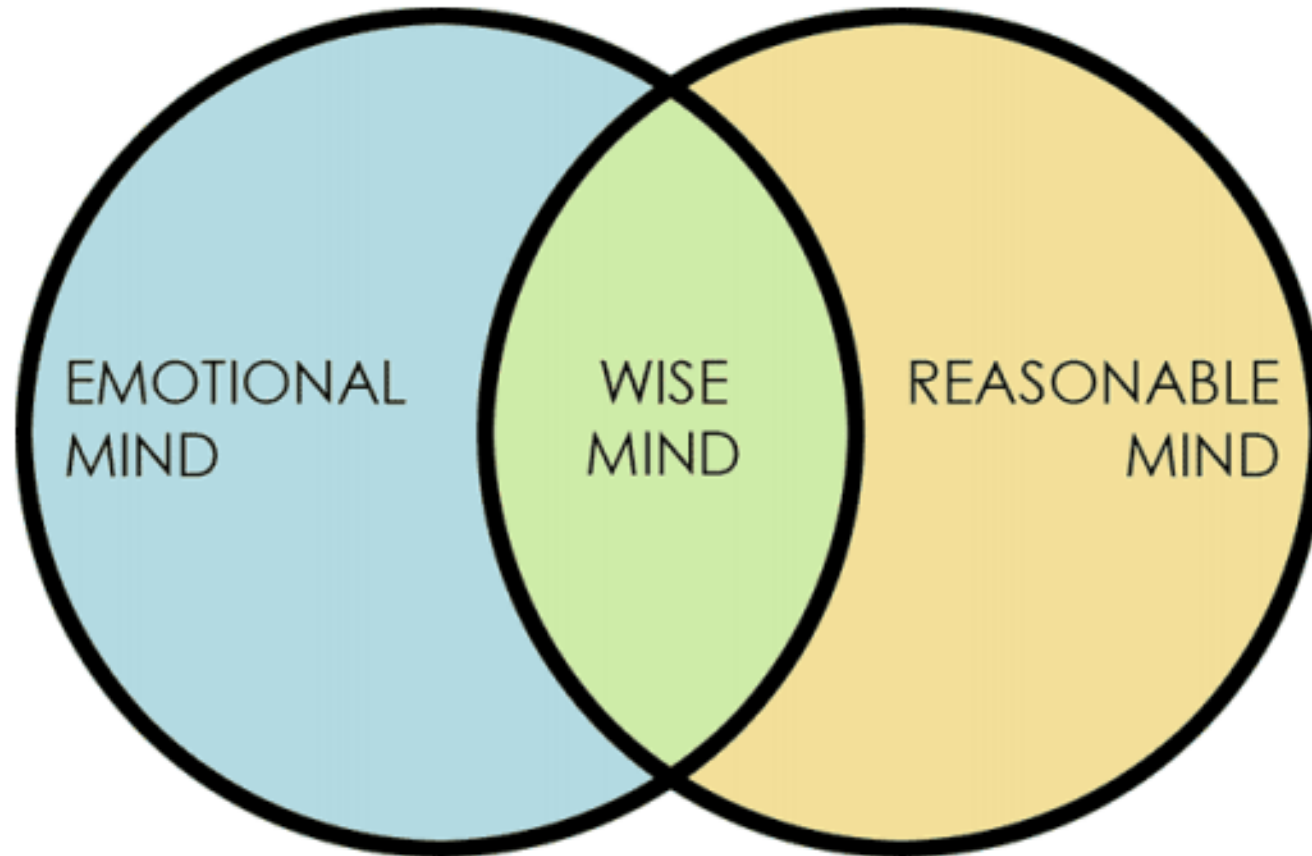


DBT CONCEPTS

1. Balancing acceptance and change
2. Validation
3. Walking the middle path
4. Wise mind through mindfulness



DBT'S STATES OF MIND



DBT'S DIALECTICAL AGREEMENT

1. We agree to accept a dialectical philosophy: There is no absolute truth
2. When caught between two conflicting opinions, we agree to look for the truth in both positions and to search for synthesis by asking such questions as, "What is being left out?"



TO THINK DIALECTICALLY IS TO :

1. Ask yourself: what am I missing? What truth does the opposing view hold?
2. Let go of extremes: think “sometimes” instead of “always” and “never”, think “both/and” instead of “either/or”. Be willing to play devil’s advocate. Be curious, not furious.



MANDORLA

A mandorla is an ancient symbol that is largely unrecognized in the Western world today. The shape, also known as vesica piscis, the Vessel of the Fish, occurs when two circles overlap to form an almond shape in the middle; hence, the name mandorla, which means “almond nut” in Italian. In Hinduism this shape is called the yoni, a stylized vulva used in religious art and as a maternity charm to celebrate and invoke the Great Mother’s creative, life-giving fertility.



MANDORLA



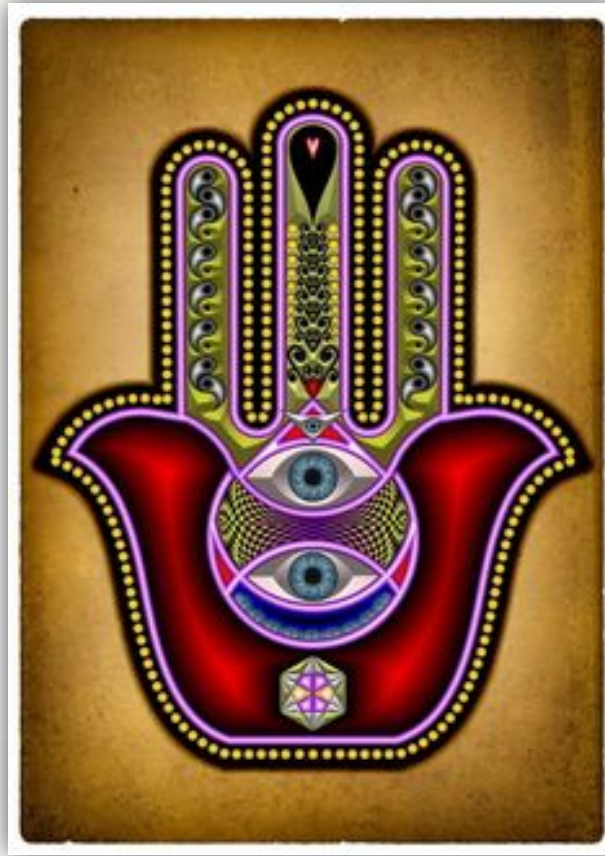
JOINING HEAVEN AND EARTH



VESICA PISCIS



HAMSA



DREAMCATCHER MANDORLA



YONI SYMBOL FROM HINDUISM



HAND MANTRA



SACRED FEMALE



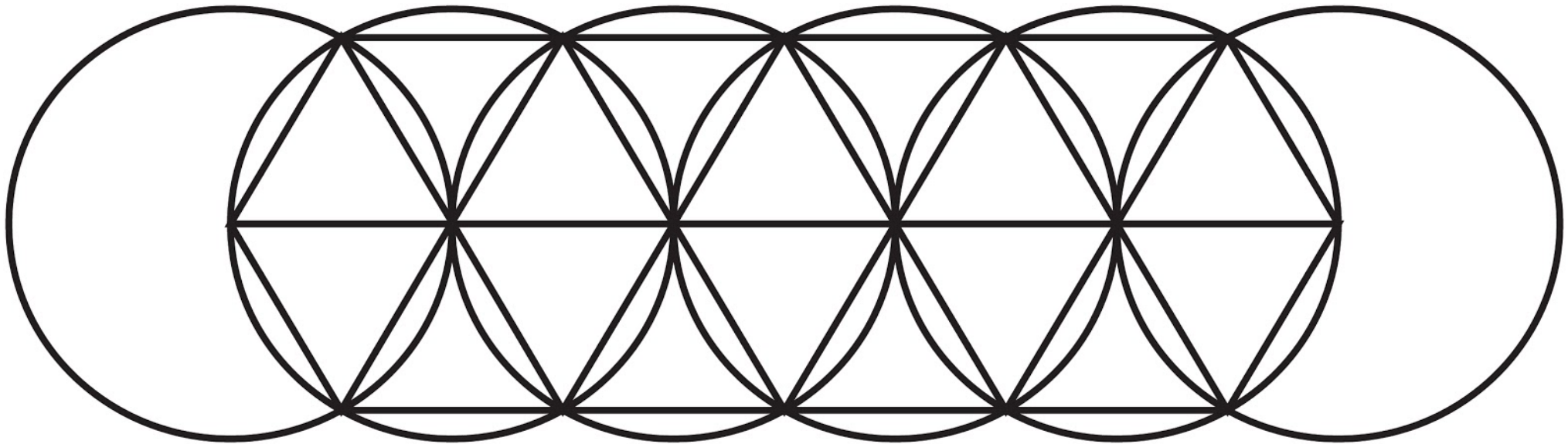
BUDDHISM



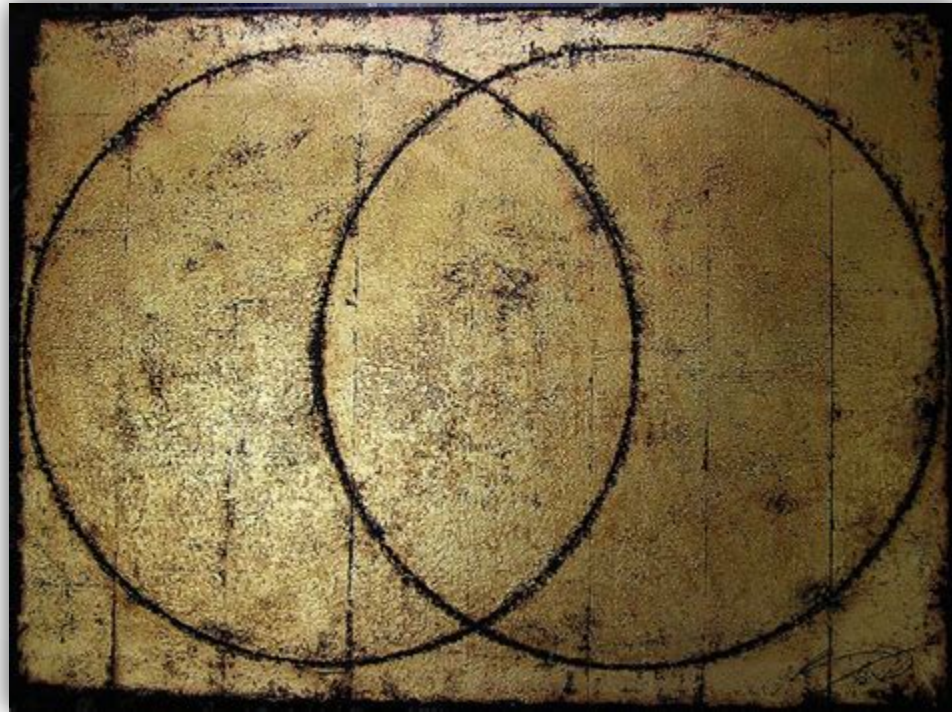
CELTIC DESIGN



SACRED GEOMETRY



MANDORLA ART STRUCTURE



MEDITATION

Mindfulness – bring yourself into the present moment by adopting a wide awake posture, feet on ground, seated, top of head reaching up. Ask – What is my experience right now? What thoughts and images are going through my mind? Notice them as mental events, as neural firing in your brain. Next ask, What are my feelings and sensations in my body? Notice these as they come into your awareness. Then say. OK this is how it is right now.

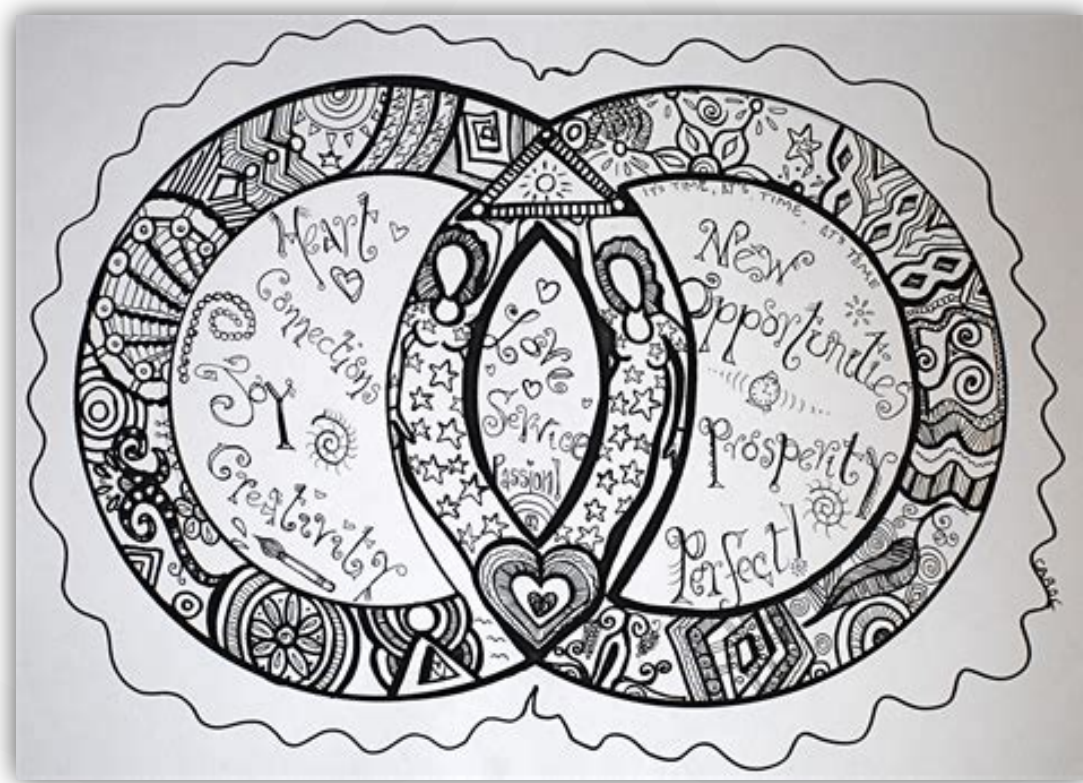


WRITING

1. Free write for ten minutes about your experience.
2. Focus on observing and describing your felt sense.
3. Notice your thoughts and associations.
4. Describe the process.



PAIR SHARE



PSYCHODRAMA ACTION

Psychodrama is an action method, often used as a psychotherapy, in which clients use spontaneous dramatization, role playing, and dramatic self-presentation to investigate and gain insight into their lives.



RESOURCES

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Psychodrama

<https://www.asgpp.org>
<https://www.hvpi.net>

DBT

<https://behavioraltech.org>

