

DIALECTICAL STRATEGIES

VALIDATION STRATEGIES

PROBLEM-SOLVING (CBT) STRATEGIES

PATIENT THERAPIST TEAM

STRATEGIES

AGREEMENTS

# A LIFE WORTH LIVING

PATIENT THERAPY

ASSUMPTIONS

PRELIMINARY

STAGES (GOALS)

FUNCTIONS

GOALS

BIO- ← → SOCIAL THEORY

Biological Bases of Emotion Regulation

Environmental Bases of Trauma, Loss, and Invalidation

ANALYSIS

DIALECTICS

BEHAVIORISM