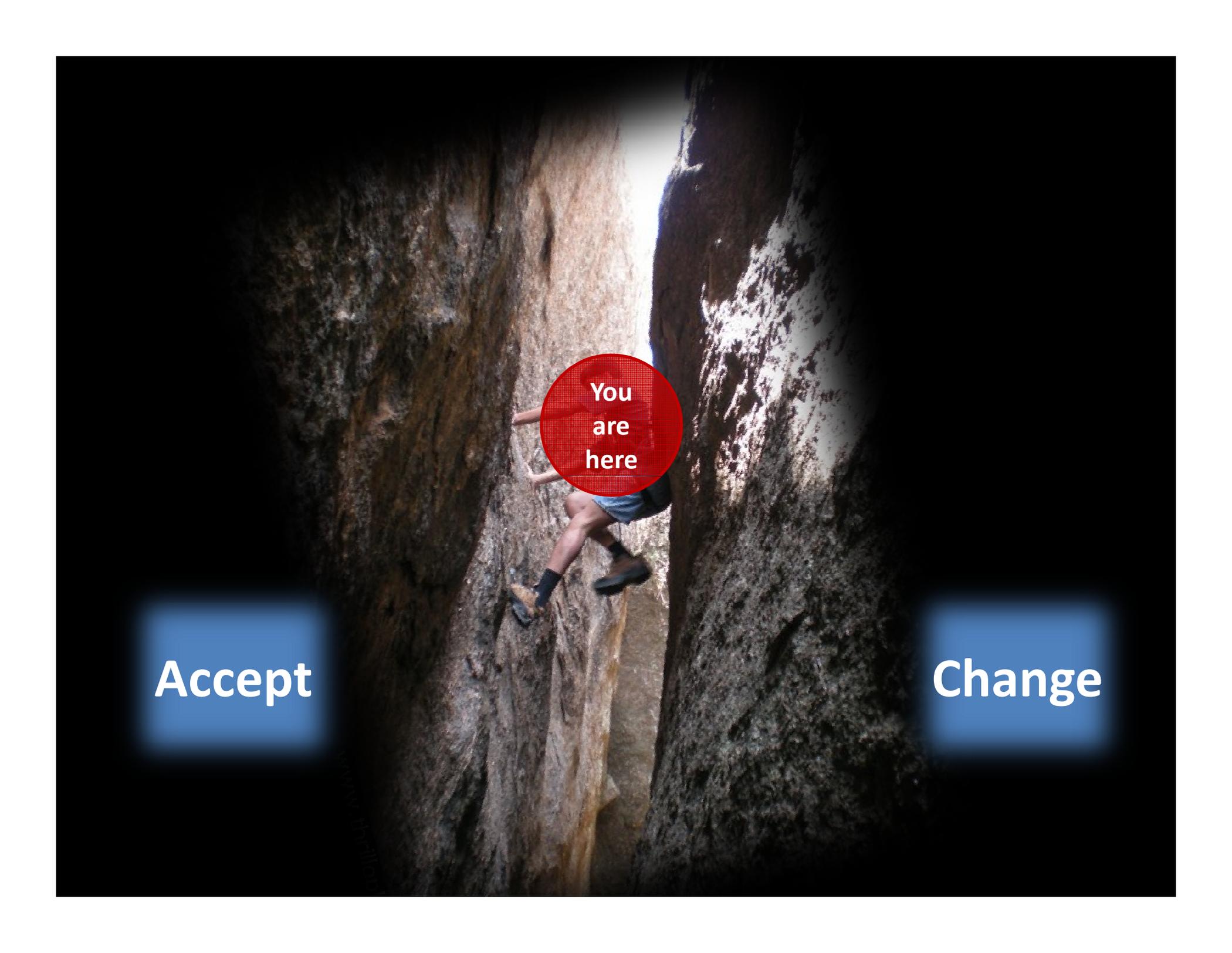


Dialectics: Acceptance & Change

Kelly Koerner, PhD



A photograph of a person climbing a narrow, vertical rock crevice. The person is positioned in the center of the frame, with their body angled towards the left. They are wearing a light blue shirt, dark shorts, and climbing shoes. A red circle with a grid pattern is overlaid on the person's torso, containing the text "You are here". The rock walls are dark and textured, and a bright light source is visible at the top of the crevice, creating a strong contrast.

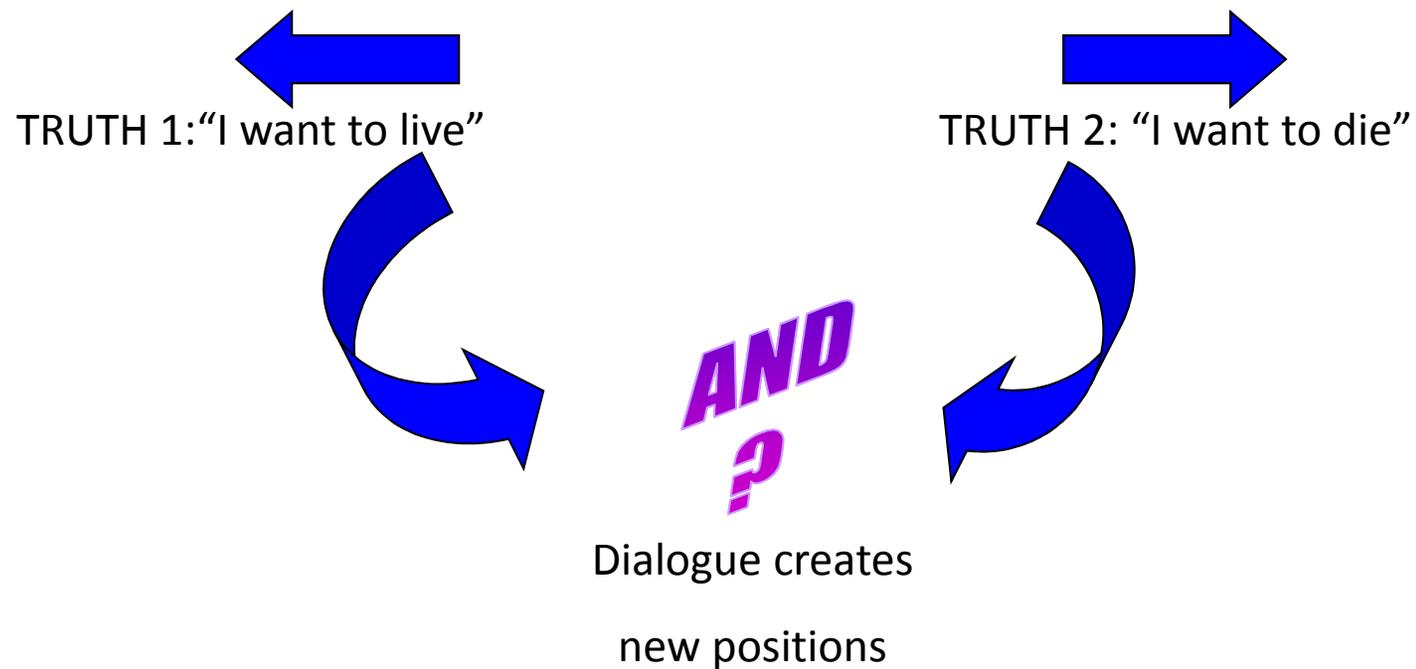
You
are
here

Accept

Change

Dialectics: Basic Idea

Truths Stand Side by Side



“The test of a first-rate intelligence is to hold two opposing ideas in the mind at the same time and still retain the ability to function.

One should, for example, be able to see that things are hopeless and yet be determined to make them otherwise.”

F. Scott Fitzgerald

perspective



purpose

perspective

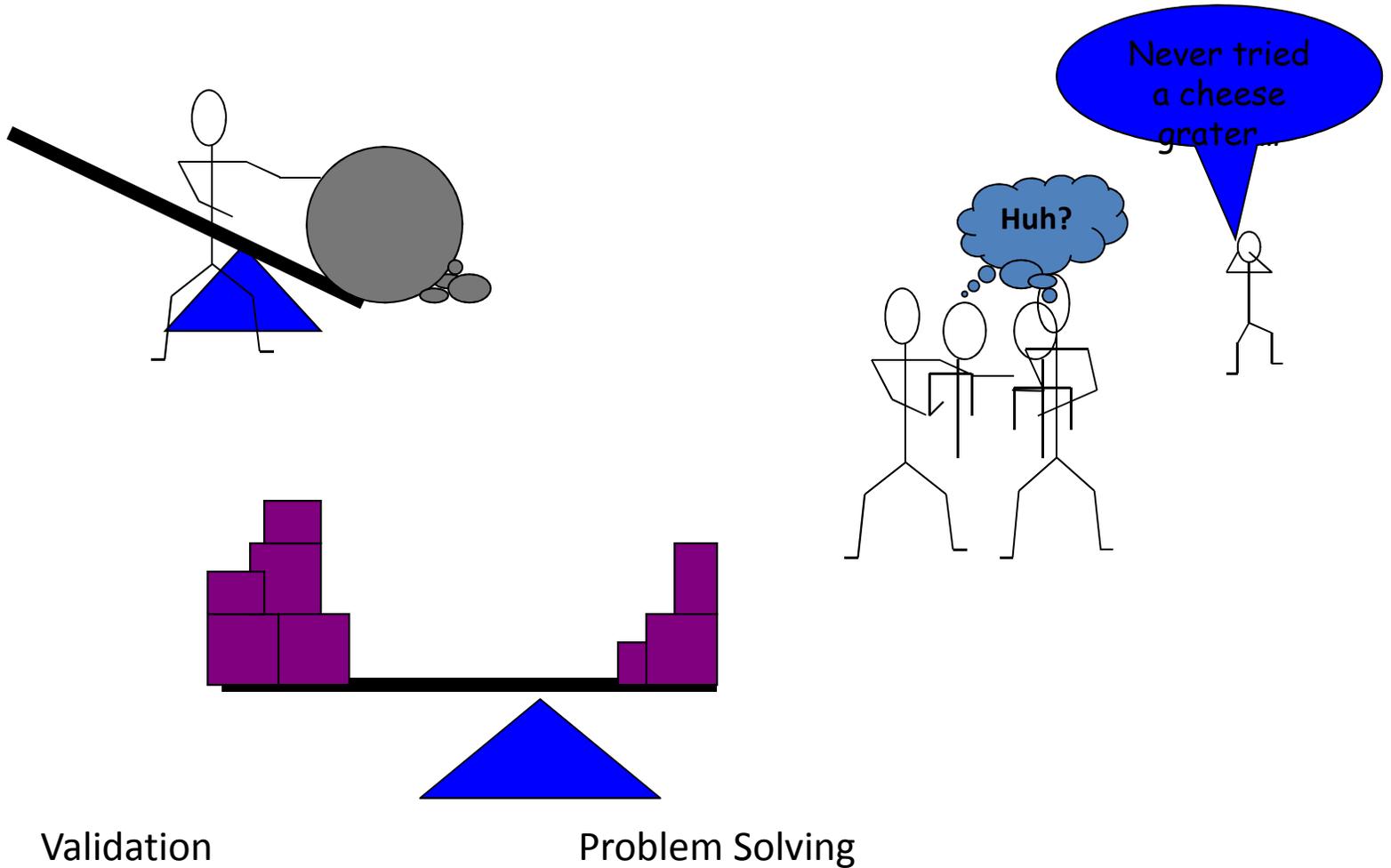


purpose

Basics of Dialectical Philosophy in DBT

- Holistic, connected and in relationship
- Complex, oppositional, and in polarity
- Change is continual
- Change is transactional
- Identity is relational and in continuous change

When Stuck, Dialectical Thinking & Strategies Change Relationship



When Polarized...

- Actively describe and validate what is valid about each position (going for the 'head nod')
- Incorporate all (as many as possible) valid points into solution
- List solutions (bonus points if ALL nod head)

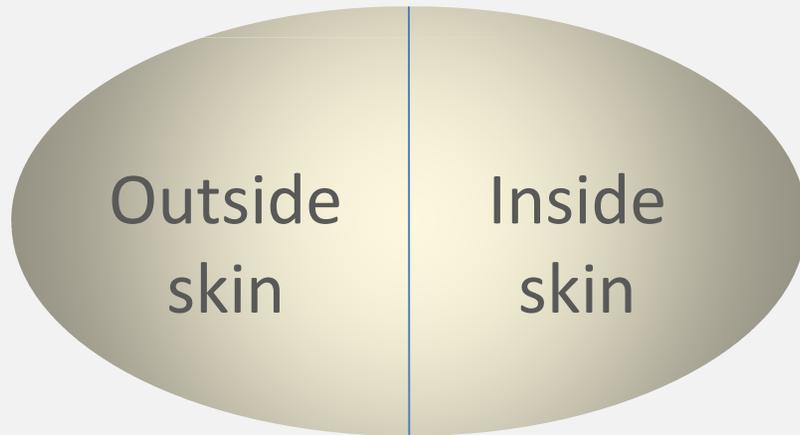


whiff of
not enough



mental
anguish

when what we touch,
see, hear, contact



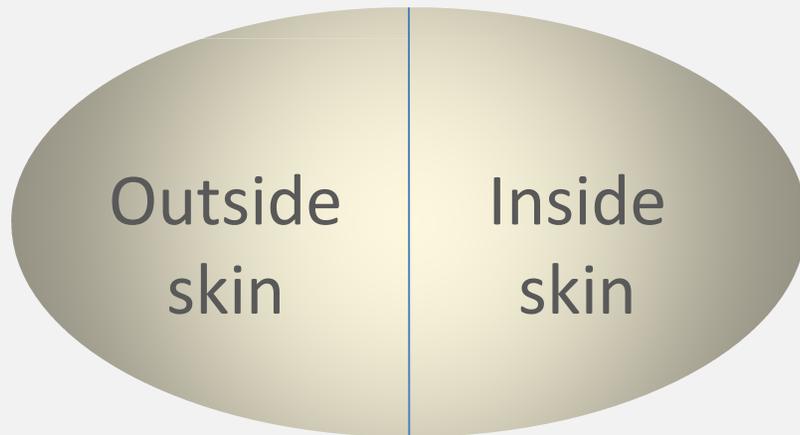
gives rise to pain

habits of:
aversion/craving
fix it so feel better

give rise to suffering

“I can’t, you don’t understand, I’m the kind of person who always....

when what we touch,
see, hear, contact



gives rise to pain

habits of:
aversion/craving
fix it so feel better

give rise to suffering

For reference

Definitions of Dialectics

- thesis, antithesis, synthesis
- truth is partial, truths stand side-by-side
- hold both sides of every polarity, believe you do not have absolute truth, search in earnest for what is missing in your own and others' ways of construing and responding to the world
- balance, movement, integration

Overarching Dialectic: Balance Acceptance & Change

- Balance goals
 - Mindfulness AND Emotion regulation
 - Distract & control attention AND experience with attention & letting go of control
- Balance strategies
 - Validation & problem-solving
 - Reciprocal & irreverent communication styles
 - Environmental intervention & consultation to the patient

Dialectical Strategies

Entering the paradox

Use of metaphor

Devil's advocate

Extending

Activating "Wise Mind"

Making lemonade out of lemons

Allowing natural change

Dialectical assessment