



## DBT Selfhelp & Diary Card

The **DBT Selfhelp & Diary Card** app teaches you skills that help you manage overwhelming emotions, break destructive behaviors, develop healthy relationships, be more focused in the present moment and increase your quality of life.

The app contains detailed descriptions, practice tips and rationale based on the skills used in Dialectical Behavior Therapy.

The app's functions are designed to strengthen learning of and increase accessibility to the skills, thereby assisting the development of effective behaviors.

### Features

- User friendly interface
- Comprehensive theory and rationale that teaches you about emotions, relationships, behaviors and how you can affect these.
- Ability to practice and use skills from the areas of Mindfulness, Interpersonal effectiveness, Emotion regulation, Validation, Problem solving and Distress tolerance.
- Skills descriptions, including rationale and practice tips.
- Creation of any number of personalized skill lists with the skills of your choice.
- Documentation of results and reflections from various skill practice session handouts.
- Function for performing your own behavioral analysis using chain analysis work sheets.
- Function for monitoring your mood, behaviors and skills using a Diary Card.
- Sending of your Diary Cards and practice sessions by e-mail, for example to your therapist.
- Reminder function with built in calendar for increased privacy.
- Creation and marking of a specific skill list that acts as a crisis list for increased accessibility.
- Languages supported: English and Swedish. The languages French, Spanish and German will be added in future updates.

