Psychiatric Nurses' Attitudes and Persons with Borderline Personality Disorder: Focus on Clinical Practice, Education and Best Practices
A Follow Up

Information and References on DBT, Recovery and Therapist/Nurse Characteristics

DBT, BPD, Recovery References


Recovery and Relationships:

- APNA Recovery Council and Recovery to Practice Task Force
- [http://www.mhrecovery.com/definition.htm](http://www.mhrecovery.com/definition.htm)

References


**Dialectical Behavior Therapy - DBT**

**Program Modules**
- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

**DBT Tools**
- Dairy Card
- Chain Analysis

**Program Components**
- Individual Therapy
- Coaches
- Skills Groups
- Consultation Team
- On call status
- Milieu
- Consult references for further information

**Recovery Concepts**
- Hope
- Medication/Treatment
- Empowerment
- Support
- Education/Knowledge
- Self Help
- Spirituality
- Employment/meaningful Activity

**Therapeutic Stance – Effective Nurse/Therapist Characteristics**
- Nonjudgmental
- Radical Acceptance
- Genuine
- Hope
- Empathy
- Caring
- Many others – consult references