

YUVAL MOSES LCSW-R



In Defense of Defenses

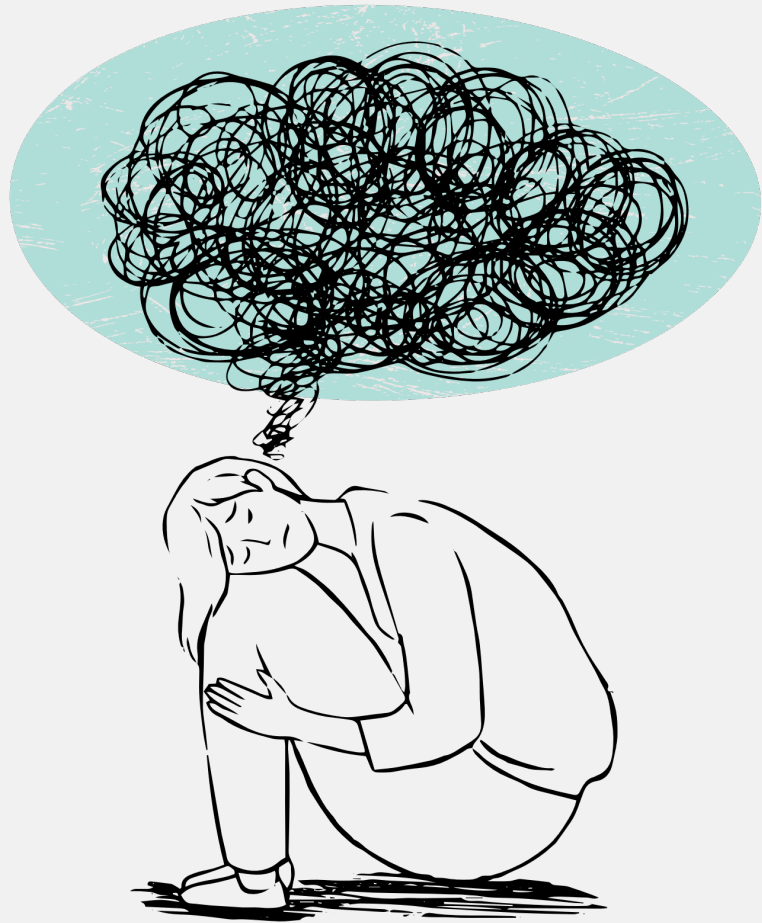


LESSONS FROM INCORPORATING AEDP AND DBT



AEDP CONFERENCE 2025





- Low Distress Tolerance

- Low Distress Tolerance
& Use of Impulsive /
High Risk Behaviors

HIGH RISK AND IMPULSIVE
BEHAVIORS

ACT TO

REGULATE INTENSE
EMOTIONAL EXPERIENCES



Dysregulation

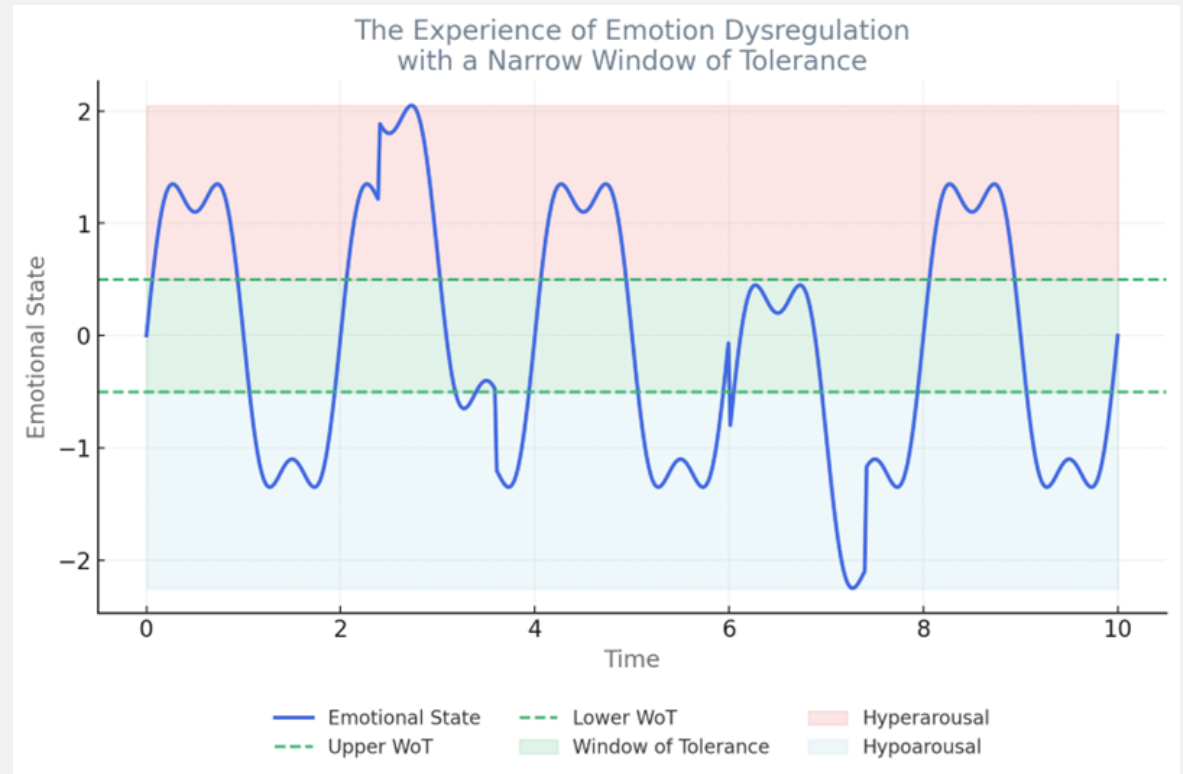
Subjective experience of distress that is caused by:

- *Experiencing an emotion*

Or

- *The anxiety that approaching an emotion may cause.*

Dysregulation can feel tolerable, and it can feel intolerable.





DBT

HIGH RISK / IMPULSIVE BEHAVIORS

=

REGULATION OF INTENSE EMOTIONAL
EXPERIENCES

AEDP

PSYCHOLOGICAL DEFENSES

=

REGULATION OF INTENSE EMOTIONAL
EXPERIENCES

IN DEFENSE OF DEFENSES

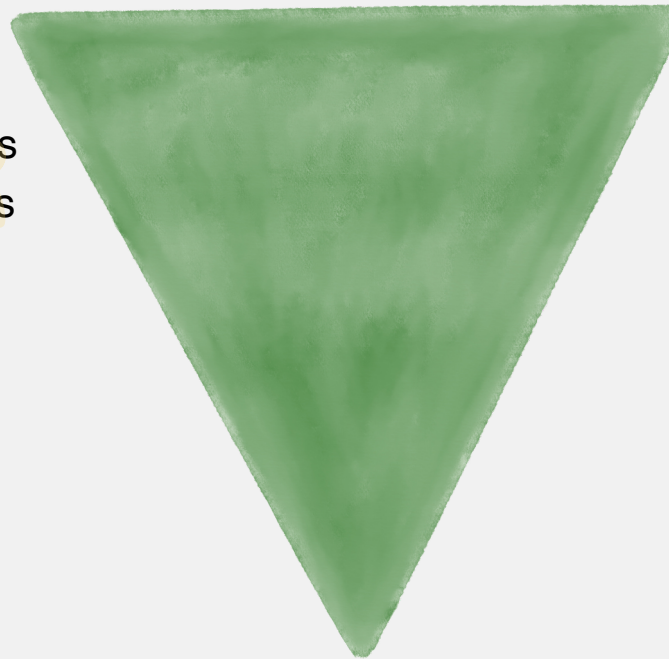
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Defenses

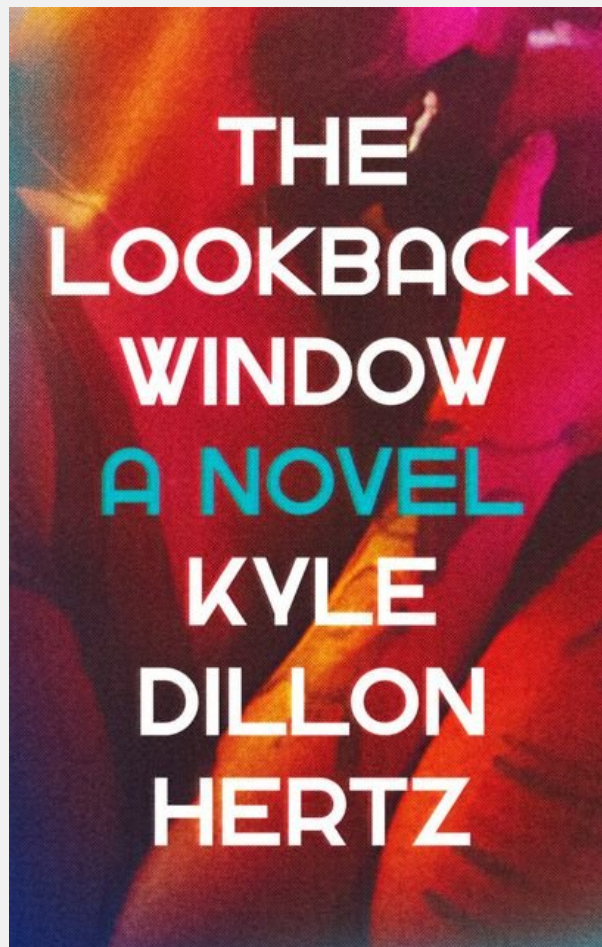
Anxiety

- High Risk Behaviors
- Impulsive Behaviors

- Intellectualization
- Humor
- Avoidance
- Projection
- Etc...



Core/Pathogenic Affects



IN DEFENSE OF DEFENSES



DBT Skills Training

Mindfulness

Distress Tolerance

Emotion Regulation

Interpersonal Effectiveness



DBT Skills Training

IN DEFENSE OF DEFENSES

Strategies for

Expressing
Experiencing
Regulating } of intense emotions

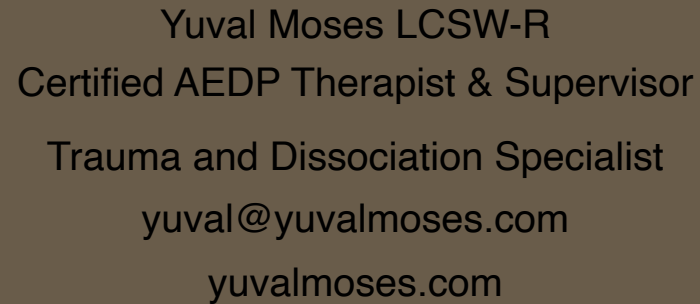


Impulsive / High
Risk Behaviors

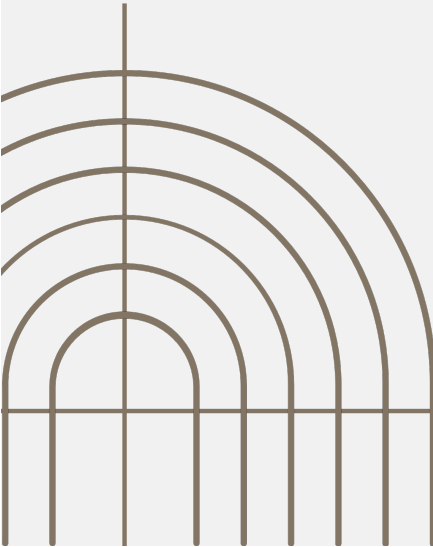
IN DEFENSE OF DEFENSES



Thank you



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