

Open Your Class With This Tomorrow- Building A Life Worth Living: A Memoir

Activity 1

Directions: Have students in pairs research the following questions related to Dialectical Behavioral Therapy (DBT) and related topics from the book and share their findings.

- Which psychological disorders have the highest risk of suicide?
- Which countries have the highest rates of suicide?
- Which countries have the lowest rates of suicide?
- What are some possible reasons for variance between countries?
- Have students describe the diagnostic criteria, risk factors, and comorbid conditions associated with borderline personality disorder.
- Which conditions, in addition to borderline personality disorder, are treated with DBT?
- Describe the four main skills of DBT.
- Differentiate between individual and group therapy within DBT.
- How is DBT similar to and different than CBT?

Activity 2

Directions: Have students work in pairs to create an infographic that identifies and corrects five myths or misconceptions about one of the following topics or addresses the problem of reducing the stigma associated with mental illness.

- Borderline Personality Disorder
- Antisocial Personality Disorder
- Histrionic Personality Disorder
- Post-traumatic Stress Disorder
- Suicidal Prevention
- Self-Harming Behaviors

Sources for student research

[National Alliance on Mental Illness \(NAMI\)](#)

[National Institute on Mental Health \(NIMH\)](#)

[Mayo Clinic](#)

Infographic Creating Websites

[Canva](#)

[Venngage](#)

[Visme](#)

[Piktochart](#)

Books for Psychology Class

<https://booksforpsychologyclass.weebly.com>