Foundation of Supports - Concept brief

Understand the idea behind foundation of supports and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley has a trusted friend but limited access to quiet space.

The idea

A foundation can represent people, resources, and routines that offer support.

An ordinary example

Riley has a trusted friend but limited access to quiet space.

What this can look like

List reliable supports and access gaps under an imagined structure, distinguishing available help from hoped-for help.

Check the fit

Which support is solid, and which needs strengthening? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A house metaphor is an organizing option, not a diagnostic test, safety determination, or required way to represent experience.

Reflection

Which support is solid, and which needs strengthening?

Scope and adaptation

An original DBT-informed house metaphor for educational reflection, not an official standardized DBT assessment, diagnostic drawing test, or comprehensive DBT. The maker defines meanings. Offer another metaphor if housing is sensitive, and allow omissions or fiction. Do not interpret rooms, colors, or omissions as evidence of pathology or safety.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/recovery/resources/DBH-A02-1