The Help-Seeking Path - Clinician dialogue

Guide a collaborative conversation about the help-seeking path while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Riley wants to know whom to contact when familiar coping is insufficient.

Invite and obtain permission

Offer: "Would it be useful to explore the help-seeking path using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: A visible route can make asking for support more concrete. Ask what fits and what does not.

Guide the task

Draw a routine support path and a higher-support path using existing care guidance and verified contacts chosen by the person. Ask for permission before giving an example. Use this fictional illustration if useful: Riley wants to know whom to contact when familiar coping is insufficient.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What would make using this path easier? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A18-3