The Roof of Protection - Concept brief

Understand the idea behind the roof of protection and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley needs a workplace accommodation as well as a coping plan.

The idea

Protection can include services and environmental changes, not only coping skills.

An ordinary example

Riley needs a workplace accommodation as well as a coping plan.

What this can look like

Identify supports that reduce exposure to stress or harm and note what requires professional or community help.

Check the fit

Which protective change belongs outside the individual? 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 protective change belongs outside the individual?

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-A12-1