The Repair Workshop - Concept brief

Understand the idea behind the repair workshop and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Riley missed an agreed check-in and wants to acknowledge it.

The idea

A repair space can support learning after a mistake.

An ordinary example

Riley missed an agreed check-in and wants to acknowledge it.

What this can look like

Map an ordinary mistake, its impact, what can be owned, and a possible repair without requiring forgiveness.

Check the fit

What repair can be offered without controlling the response? 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

What repair can be offered without controlling the response?

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-A14-1