

## Abstract

Clients functioning outside of their Window of Tolerance have dysregulated nervous systems, which can lead to maladaptive coping such as self-harm, suicidal ideations, impulsivity, substance use, etc. (Corrigan, Fisher, & Nutt, 2010). Brainspotting clinicians may struggle to keep these clients within a tolerable range of emotional experiencing, making it difficult and sometimes dangerous to process traumatic experiences. Our clinical practice finds integrating Dialectical Behavior Therapy and Brainspotting an effective treatment combination for treating dysregulated, traumatized clients. DBT is a modality aimed towards emotional regulation and can be used to help clients remain within their Window of Tolerance (Raju et al., 2012). Specifically, Linehan's (2015) distress tolerance skill, TIPP (Temperature, Intense exercise, Paced breathing, and Progressive muscle relaxation), activates the parasympathetic nervous system and decreases activity in the sympathetic nervous system, which promotes emotion regulation, decreases engagement in life-threatening behaviors, and decreases PTSD symptoms such as flashbacks, dissociation, panic attacks, etc. Participants in this presentation will gain a better understanding about the Window of Tolerance model and recognize when their client exceeds their window. Participants will also understand the physiological effects of using TIPP and how to implement it with dysregulated clients.