

DBT Therapy

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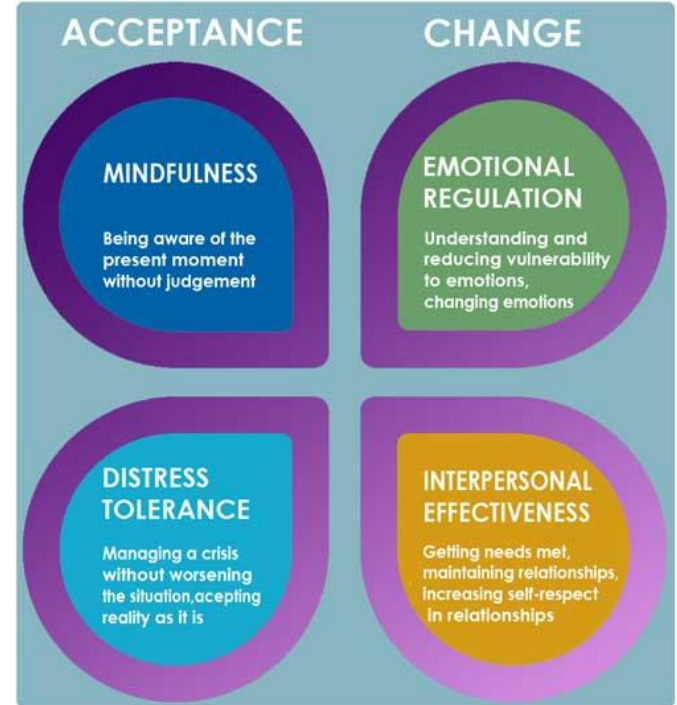
Mindfulness Dialogue Activity

- Partners!
- Goal: To have a mindful and meaningful dialogue of speech and listening
- Partner A starts off with the question “The most important thing I want to share with you is.....”
- Partner B starts off by listening
- After a couple minutes, switch roles



What?

- is a derivative of cognitive behavioral therapy
- is an ongoing conversation between the therapist and the client and has two focuses:
 - Validating clients experiences
 - Subtly challenging them to change
- 4 goals to the therapy:
 - Increase distress tolerance
 - Improving mindfulness
 - Building emotional regulation skills
 - Increasing interpersonal effectiveness





What? (cont.)

Therapeutic Process

1. Commitment through building a relationship
 - a. Focusing on non compliant behaviors
 - b. Life threatening behaviors are lessened
 - c. Focusing on behaviors that could interfere with therapy
2. Teaching clients how to experience emotions without them becoming debilitating
3. Ordinary psychological problems that could interfere with everyday living
4. Helps clients decrease feelings of emptiness and expand self-awareness



Who?

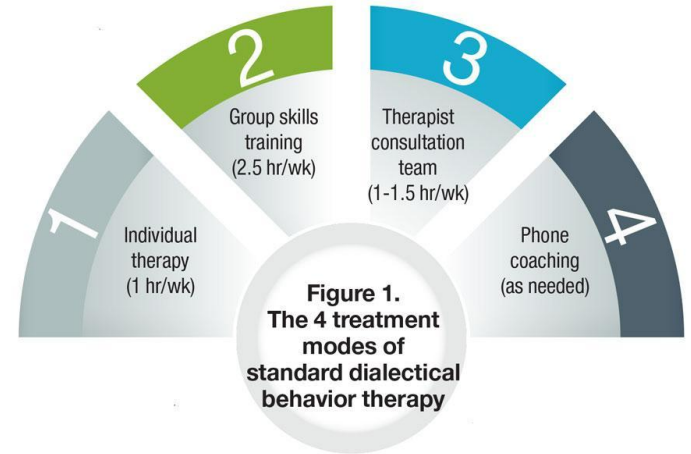
Marsha Linehan

- Started her career focusing on behaviorism
 - Later become involved with zen philosophy
- Fascinated with the zen process of mindfulness
 - The ability to become self aware and at peace with one's body, emotions, and the decisions they make
- Incorporated dialectical for the importance of the discussing and investigating knowledge



Where?

- Treatment Modes
 - Individual Psychotherapy
 - Group skills workshop
 - Telephone coaching
 - Therapist consultation team meeting
- Both outpatient and inpatient
- Takes place in both inside and outside of schools





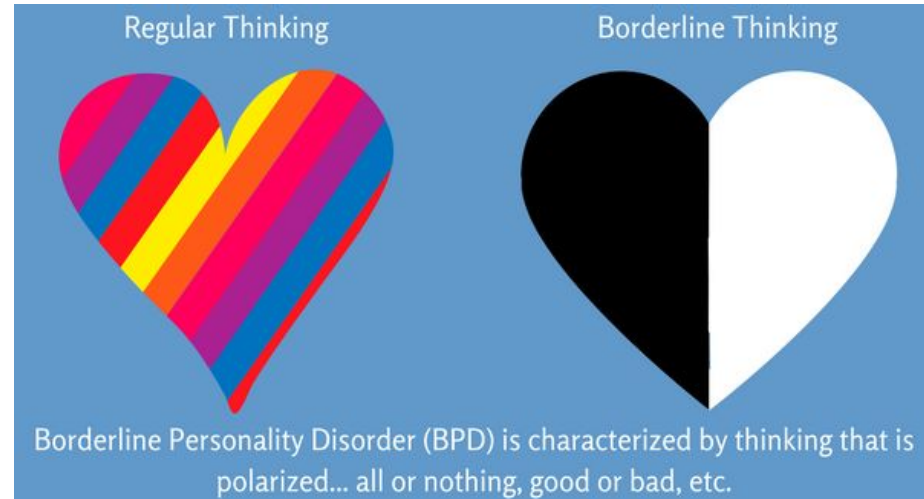
Video

https://www.youtube.com/watch?time_continue=315&v=Stz--d17ID4



WHEN

- Designed to deal with patients who have complex and severe disorders that are difficult to treat
 - Borderline Personality Disorder
 - Found in 5.9% of adults in the United States
 - Characterized by issues regulating emotions and thoughts, unstable relationships, and impulsive/reckless behavior
 - Can also be used for eating disorders, substance abuse disorders, depressed older adults, other personality disorders





WHY

- Several studies have been conducted that show the effectiveness of DBT Therapy with BPD patients
 - The Berlin Borderline Study (Stiglmayr, et. al)
 - Study by Linehan et. al

DIALECTICAL BEHAVIOR THERAPY (DBT) TEACHES MANY DISTRESS TOLERANCE SKILLS THAT HELP PEOPLE LEARN HOW TO SIT WITH POTENTIALLY DISTRESSING EMOTIONS OR THOUGHTS WITHOUT ENGAGING IN SELF-DESTRUCTIVE BEHAVIORS (E.G. , SELF-HARM, SUBSTANCE ABUSE, ETC.) OR UNNECESSARILY INCREASING SUFFERING.
-LAURA SCHENCK, M.A.

The background is a solid orange color. In the top-left corner, there are three vertical bars of varying heights, each composed of several overlapping semi-transparent orange circles. In the bottom-right corner, there are four vertical bars of increasing height from left to right, each also composed of several overlapping semi-transparent orange circles.

Pros & Cons...



CONS



- Longitudinal
 - Many need therapy to deal with their severe emotional issues for a long period of time
 - Even when they are doing better, it is easy to fall back into old destructive habits - therapy needs to be continued even during “good” periods
 - Sessions can last anywhere from 45 to 90 minutes at a time
 - Someone who is busy may find a difficult time adding lengthy sessions into their schedule
- Building a rapport with patients who have such extreme moods can be difficult
 - People with BPD see things in black & white - one wrong thing or bad experience can turn them away from therapy

PROS

- Can be used with both adolescents and adults
 - Teaching positive coping skills at a younger age will allow them to have these tools throughout their lives
- Teaches skills like de-escalation, focusing skills, crisis surviving skills, and people skills
 - Results in fewer and less severe self-harm behaviors
- Many different activities for each, so there is something for everyone
 - Ex. making a pros and cons list, meditation, mindfulness
- Allows for significantly fewer inpatient stays



Take Aways

- While DBT is mainly used for people with severe emotional disorders, all of the techniques are things that we can incorporate into our daily lives
 - The more positive coping skills the better!
- Less inpatient stays which alleviates some of the strain on psychiatric facilities, as well as benefits the person because they aren't disrupting their lives to be admitted

Take Aways (Cont.)

- The invalidation of an individual brings about negative emotions in an individual which then in turn, brings about negative behaviors. Mindfulness allows the individual to focus on accepting themselves and their thoughts to take control of these emotions. Finally, the resulting behavior is more positive for the individual.
- Interest in topic: Mindfulness and its use in a cognitive-behavioral therapy
 - Combination of therapies

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