

The image features a decorative background with a large, dark green monstera leaf on the right side. A large, white rectangular area is overlaid on the left and center of the image, serving as a background for the text. The text is centered within this white area.

Dialectical Behavioral Therapy: Fundamentals

Agenda

Introduction to DBT

Components of DBT

Individual DBT

DBT Skills Group

Final Tips & Takeaways



Introduction to DBT

Developed in 1980's by Dr Marsha Linehan

Treatment when CBT was not effective

An Evidenced Based Treatment

Utilizing components of CBT, Mindfulness, and
Dialectics



Who Can it Help?

- DBT originally created for the treatment of Borderline Personality Disorder
- DBT has been shown to improve symptoms long term
- DBT is now used for more diagnoses: PTSD, Chronic Depression, Perinatal Mood Disorders, Other Anxiety Disorders

How can DBT help?

DBT is a treatment developed to:

- reduce emotional dysregulation
- improve relationships
- reduce crisis behaviors such as: suicide thoughts and behavior, self harming thoughts and behavior, and substance abuse

Video: Dr. Marsha Linehan discussing validation and change: <https://youtu.be/bULL3sSc -l>

So, What's the D and B stand for?

Dialectical

- When two seemingly opposites can be true at the same time
- Offers a middle path
- Reduces black and white thinking

Behavioral

- Assessment of situations and targeting behaviors
- Tools such as diary cards, chain analysis, and missing links analysis

Components of DBT



Individual – Weekly Meeting between therapist and client



DBT skills group- Weekly group that is taught like a class to learn new DBT skills- Four Modules



Phone Coaching- Phone call to the therapist or back up therapist to practice skills in real life situations



DBT group Consult- Weekly meeting for therapists to help keep wise mind/nonjudgmental stance when working with DBT clients, therapy for the therapist, help with problem solving, etc.

How to Get Started

- Orientation with the individual
- Informing the individual client on how the treatment is organized and how it can help
- Teaching the biosocial model
- Orientation to diary cards and coaching expectations
- Complete pretreatment with treatment contract signed by therapist and client

Diary Card Example

Dialectical Behavior Therapy Diary Card				Initials	ID#	Filled out in session? Y N				How often did you fill out this side? ____ Daily ____ 2-3x ____ Once				Date Started								
Day & Date	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit		ETOH		Prescrip		OTC		S-H	Lying	Joy	Skills	R	
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-7	✓	
Mon																						
Tues																						
Wed																						
Thur																						
Fri																						
Sat																						
Sun																						
									*USED SKILLS 0 = Not thought about or used 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them						4 = Tried, could do them but they didn't help 5 = Tried, could use them, helped 6 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped							
				Before		After		Belief in control of . . .		Before		After										
Urge to use (0-5):								Emotions:														
Urge to quit therapy (0-5):								Behaviors:														
Urge to harm (0-5):								Thoughts:														
												BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.										

Diary Card Example Cont.

Dialectal Behavior Therapy Diary Card	Instructions: Circle the days you worked on each skill	Filled out in session? Y N			How often did you fill out this side? Daily _____ 2-3x _____ Once _____			
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Wise mind		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2. Observe: just notice (Urge Surfing)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3. Describe: put words on		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4. Participate: enter into the experience		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5. Nonjudgmental stance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6. One-mindfully: in-the-moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7. Effectiveness: focus on what works		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8. Objective effectiveness: DEAR MAN		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9. Relationship effectiveness: GIVE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10. Self-respect effectiveness: FAST		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11. Reduce vulnerability: PLEASE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12. Build MASTERY		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
13. Build positive experiences		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
14. Opposite-to-emotion action (Alt. Rebellion)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
15. Distract (Adaptive Denial)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
16. Self-soothe		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
17. Improve the moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
18. Pros and cons		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19. Radical Acceptance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
20. Building Structure// Work		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
21. Building Structure// Love		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
22. Building Structure// Time		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
23. Building Structure// Place		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Urge to use (0-5):	Before therapy session: _____	After therapy session: _____			BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.			
Urge to quit therapy (0-5):	Before therapy session: _____	After therapy session: _____						

Individual Treatment-Organized in a hierarchy of Targets

Target 1: Life Interfering Behaviors

- Suicide thoughts and behaviors, self harming behaviors

Target 2: Therapy Interfering Behaviors

- ANYTHING that gets in the way of delivering/receiving therapy ie Missing Diary Card, Missing Therapy/Group, Therapist late to session

Target 3: Quality of Life Interfering Behaviors

- Examples- Avoiding behaviors, non-life interfering disordered eating, depression, anxiety

Target 4: Skills Deficits

- Teaching and Coaching new skills

Skills Group: 4 Group Modules

Core Mindfulness: The practice of being fully aware and present in this one moment

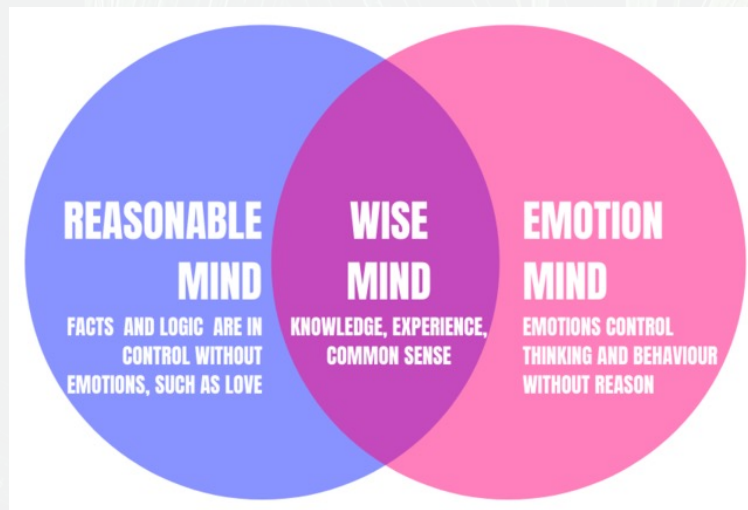
Interpersonal Effectiveness: How to ask for what you want and say “no,” while maintaining self-respect, and relationships with others

Emotional Regulation: How to change emotions that you want to change

Distress Tolerance: How to tolerate pain in difficult situations

States of Mind

Emotion Mind, Wise Mind, Reason Mind



- A Continuum
- Reason Mind - void of emotions, can be defined as cool, task focused, and rational
- Emotion Mind - mood dependent, can be described as hot, and emotion focused
- Wise Mind is bringing the emotion mind and the logic mind together,
 - Our inner wisdom

DEAR MAN

D **escribe**
Describe the situation and stick to the facts.

E **xpress**
Express your feelings about the situation. Don't assume the other person already knows.

A **ssert**
Ask for what you want or explicitly say no.
No one can read your mind.

R **einforce**
Explain the positive effects of getting what you are asking for.

M **indful**
Keep the focus on your goals. Do not get distracted.

A **ppear confident**
Appear self-confident.

N **egotiate**
Be willing to negotiate.



TIP Skills

- Tip the Temperature
- Intense Exercise
- Paced Breathing
- Paired Muscle Relaxation



Take Aways

- DBT skills can be taught in many different settings
- Adherent DBT is when all 4 components are being used simultaneously- Individual DBT therapy, DBT skills group, Phone Coaching, and DBT Consult Group
- A referral to an adherent DBT therapist is effective when the client is struggling to maintain safety because of suicidal or self harm behaviors, has repeated recent hospitalizations, and/or struggling with other underregulated behaviors that are causing poor quality of life

Resources

- Behavioral Tech Institute (Linehan Institute)- Trainings, Info, books <https://behavioraltech.org/>
- DBT RU YouTube Channel for skills- Dialectical Behavior Therapy Clinic at Rutgers University <https://www.youtube.com/dbtru>
- DBT Self Help -DBT Diary Cards- Website - <https://dbtselfhelp.com/diary-cards/>
- DBT and Me- Podcast on Spotify
- Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha Linehan – Original book on DBT
- DBT Skills Training Manual, Second Ed, by Marsha Linehan
- DBT Skills Training Handouts and Worksheets, Second Edition Second Edition, by Marsha Linehan

Thank you

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