

Dialectical ▶ Behavior Therapy

An overview of its
Therapeutic Application

Seminar Objectives

- ▶ Overview and Definitions
- ▶ Brief Outcome Research Summary
- ▶ Guiding Principles & Treatment Strategies
- ▶ Essential Elements and Stages of Treatment
- ▶ Cultural Applications

Overview

...Developed as a
Cognitive Behavioral Treatment
For
Chronically suicidal individuals.
First validated on BPD clients...

Research

- ▶ Randomized controlled trials have shown standardized DBT to reduce:
 - ▶ Suicide attempts
 - ▶ Self Injurious Behaviors
 - ▶ Substance Abuse
 - ▶ Bulimia
 - ▶ Binge Eating
 - ▶ Depression
 - ▶ Premature Termination of Treatment

Research

- ▶ DBT is more cost effective than Treatment as Usual in reducing:
 - ▶ Medical severity of suicide attempts
 - ▶ Hospitalizations, # Inpatient days
 - ▶ Emergency Room Visits
 - ▶ Utilization of Crisis beds
 - ▶ These studies were all done where the comprehensive DBT program was in place. Most included subjects diagnosed with Borderline Personality Disorder or w/persons with SIB histories.

Research

- Research using parts of DBT are continuing to be evaluated. Some success with separated elements of the protocol ie: Individual DBT
- Studies with skills training alone have found similar effects as other evidence based treatments
- Other studies have identified the clinician-patient relationship as the significant contributing factor in effective DBT treatment
- Limited research found on applications to Native American populations.
 - Some Correlates of BPD are suspected to have a significant prevalence within segments of the Native American population
 - Ie: Child Sexual Abuse, Substance Abuse, PTSD, Historical and Generational Trauma

What is your experience of BPD?

- ▶ Characterological Features
 - ▶ Emotional Dysregulation
 - ▶ Perpetual Crisis Situations
 - ▶ Dynamic Interpersonal Conflict
 - ▶ Therapist Burnout

Biopsychosocial theory

- ▶ BPD a disorder of Emotion Dysregulation
 - ▶ Criterion Behaviors serve to regulate or are a function of dysregulated emotion.
- ▶ Biological Vulnerability
 - ▶ Predispositions in CNS - more frequent, more intense and longer duration of aversive states - Increased vulnerability to emotion states
- ▶ Invalidating Environment
 - ▶ Emotional Behaviors are incorrect, inappropriate, pathological or not to be taken seriously

Treatment functions

- ▶ Enhancing capabilities
- ▶ Generalizing capabilities
- ▶ Improving motivation and reducing dysfunctional behaviors
- ▶ Enhancing and maintaining therapist capabilities and motivation
- ▶ Structuring the environment

Essential Elements of Standard DBT Protocol

- ▶ Individual Therapy
- ▶ Skills Training
- ▶ Coaching- Telephone Consultation
- ▶ Consultation Team
- ▶ Case Management*

Stages and Priorities

- ▶ Stage 1 - Severe Behavioral Dyscontrol
 - ▶ Life Threatening Behaviors
 - ▶ Therapy Interfering Behaviors
 - ▶ Behaviors interfering w/ Quality of Life
- ▶ Stage 2 - Quiet Desperation
 - ▶ Non-traumatizing emotional experience
 - ▶ Connection to the environment/meaningful relationships

Stages and Priorities (Cont.)

- ▶ Stage 3 - Unacceptable Quality of Life
 - ▶ Improved sense of self
 - ▶ Resolving problems in living
 - ▶ Acceptable quality of life
- ▶ Stage 4 - Unfulfillment - Discontent
 - ▶ Capacity for freedom, joy and/or spiritual fulfillment

Skills overview

- ▶ **Interpersonal Effectiveness**

- ▶ Factors to consider
- ▶ Assertiveness Training
- ▶ Providing a framework

- ▶ **Distress Tolerance**

- ▶ Crisis Survival
- ▶ Accepting Reality

- ▶ **Emotion Regulation**

- ▶ Observing & Describing

DBT vs. CBT

- ▶ Focus on Acceptance & Validation of present behaviors
- ▶ Focus on Therapy Interfering Behaviors as 2^o behavioral target
- ▶ Emphasis on the Therapeutic Relationship
 - ▶ Mutuality
 - ▶ Limits
 - ▶ Contingency Management
 - ▶ Flexibility and Tolerance
- ▶ Use of Dialectical Processes

Case management strategies

Defined as responding to obstacles in the environment that interfere w/ patients functioning or progress.

- ▶ Consultation to the Patient - Preferred Approach
- ▶ Environmental Intervention when necessary

Case Scenario

- ▶ 44yo Female, Crisis re: Married Boyfriend declining a visit from her, Feeling panicked and overwhelmed with sadness and fear; Thinking she will never find someone to love her; Experiencing urges to drink to avoid flashbacks of past rejections; Planning to ask MD for increase in Rx Dose for sleep.
 - ▶ Skills Application
 - ▶ Coaching Intervention
 - ▶ Validation: Acceptance vs. Change Posture
 - ▶ Case Management

Culturally Competent Adaptations

- ▶ Understand the cultural context of the population served
- ▶ Integrate Cultural norms into presentation of skills
- ▶ Adopt a Mindful approach - Nonjudgmental, Curious, Open
- ▶ Be Dialectical - Look for what is missing; Find the truth in every position
- ▶ Work toward mutually established behavior targets

Thank you

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