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Dialectical Behavioral Therapy For The Helping Professions



DBT....?

Therapy approach that:

DBT is a structured, skills based treatment, based on a biosocial theory that proposes that the complex client group: (a) lacks important interpersonal, self-regulation (including emotion regulation), and distress tolerance skills, and that (b) their environment often impedes the use of any behavioural skills that they may have, reinforcing the level of dysfunction and dysfunctional behaviour.

DBT combines cognitive therapy with the eastern practice of mindfulness, and draws upon an overarching dialectical world view. The dialectical approach emphasizes the need to synthesise polar thinking, to overcome dichotomous, rigid patterns of thinking that lead to extreme and entrenched patterns of behaviour.

DBT originally began as a strategy for intervention for self-harm in American women (Linehan, 1993)

Originally used for “frequent flyer” clients in order to help the most severe

Based in Eastern beliefs of Mindfulness and sitting with the emotion

Initially identified for Borderline Personality Disorder

Quick History

Four Pillars of DBT

- Mindfulness-
 - Being in the moment
 - Stopping thoughts
 - To better understand what is happening
 - Reorder one's focus
- Distress tolerance
 - Surviving Crisis
 - Handling difficult emotions
 - Managing a difficult situation
- Emotional Regulation
 - Lowering intensity of emotions
 - Decrease emotional suffering
 - Stopping outbursts
- Interpersonal Effectiveness
 - Become more assertive
 - Dealing with difficult people
 - Dealing with conflicts
 - Improving existing relationships

DBT targets the following areas in SUDs:

Decreasing	Alleviating	Diminishing
decreasing abuse of substances, including illicit drugs and legally prescribed drugs taken in a manner not prescribed;	alleviating physical discomfort associated with abstinence and/or withdrawal;	diminishing urges, cravings, and temptations to abuse;

Avoiding opportunities and cues to abuse, for example by burning bridges to persons, places, and things associated with drug abuse and by destroying the telephone numbers of drug contacts, getting a new telephone number, and throwing away drug paraphernalia;



Reducing behaviors conducive to drug abuse, such as momentarily giving up the goal to get off drugs and instead functioning as if the use of drugs cannot be avoided; and

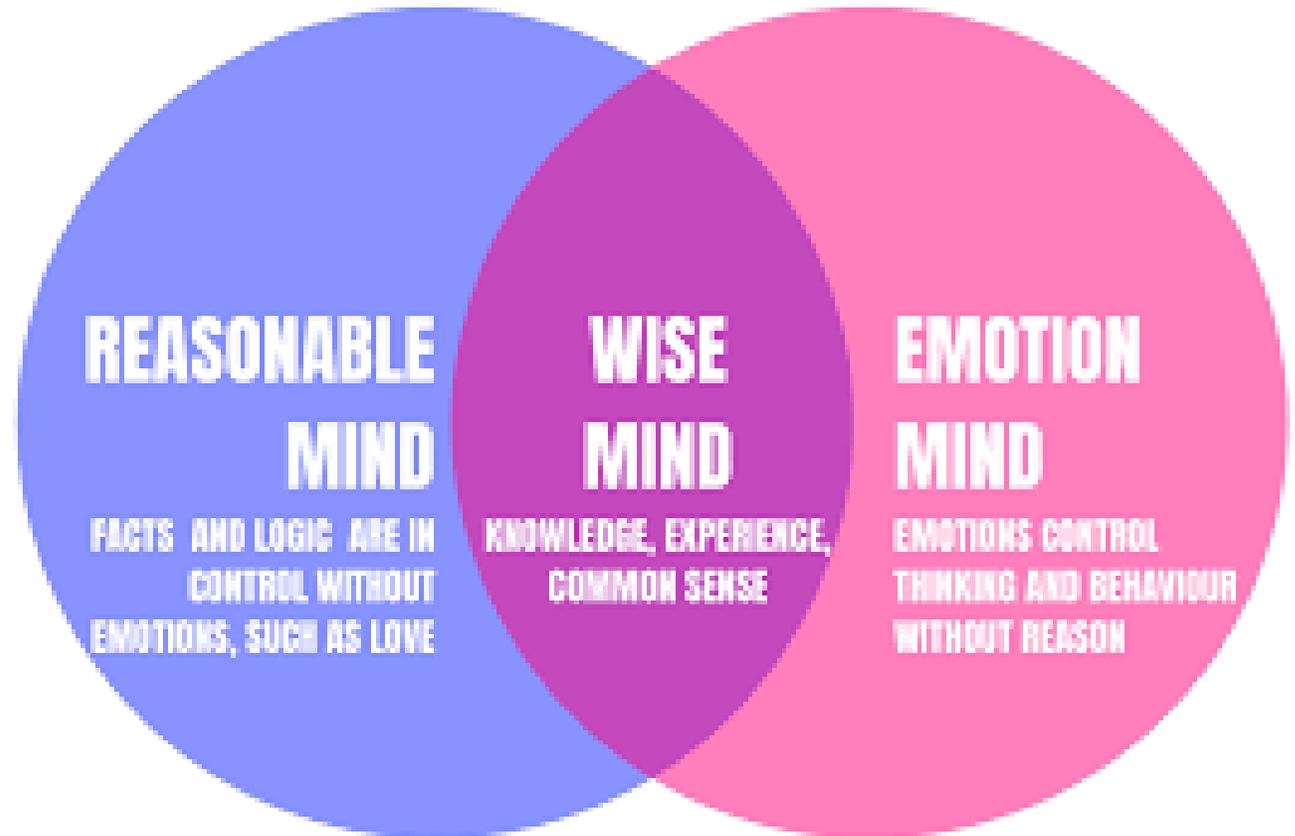


Increasing community reinforcement of healthy behaviors, such as fostering the development of new friends, rekindling old friendships, pursuing social/vocational activities, and seeking environments that support abstinence and punish behaviors related to drug abuse.

Con't.

What does this mean for your client/patient

- Integration of fact and feeling to gain a better view of the present
- Better critical thinking
- Better decision making
- Less impulsive behavior



Mindfulness

- This is an act or state in order to be present enough to take in current surroundings and not thinking out of depressive or anxious thought patterns



Mind Full, or Mindful?

Wise Mind
Distress
tolerance:
ACCEPTS
(It's the
little
THINGS)

Activities- Go do someTHING separate from what is happening

Contributing- Go do a THING for someone else

Comparisons- Think about how THINGS were vs. how far you have come

Emotions- Do someTHING to change the emotion (funny movie/good music)

Push Away- take the THING and set it aside(Container method)

Thoughts- Thinking the opposite of the THING(a little fake it till you make it)

Sensation-observe a Thing with as many senses as possible/fully engage one sense

Emotional Regulation skills

- A-do something that feels good everyday
- B-do something over and over as a healthy routine
- C- make it easy to use skills- make a mindfulness box

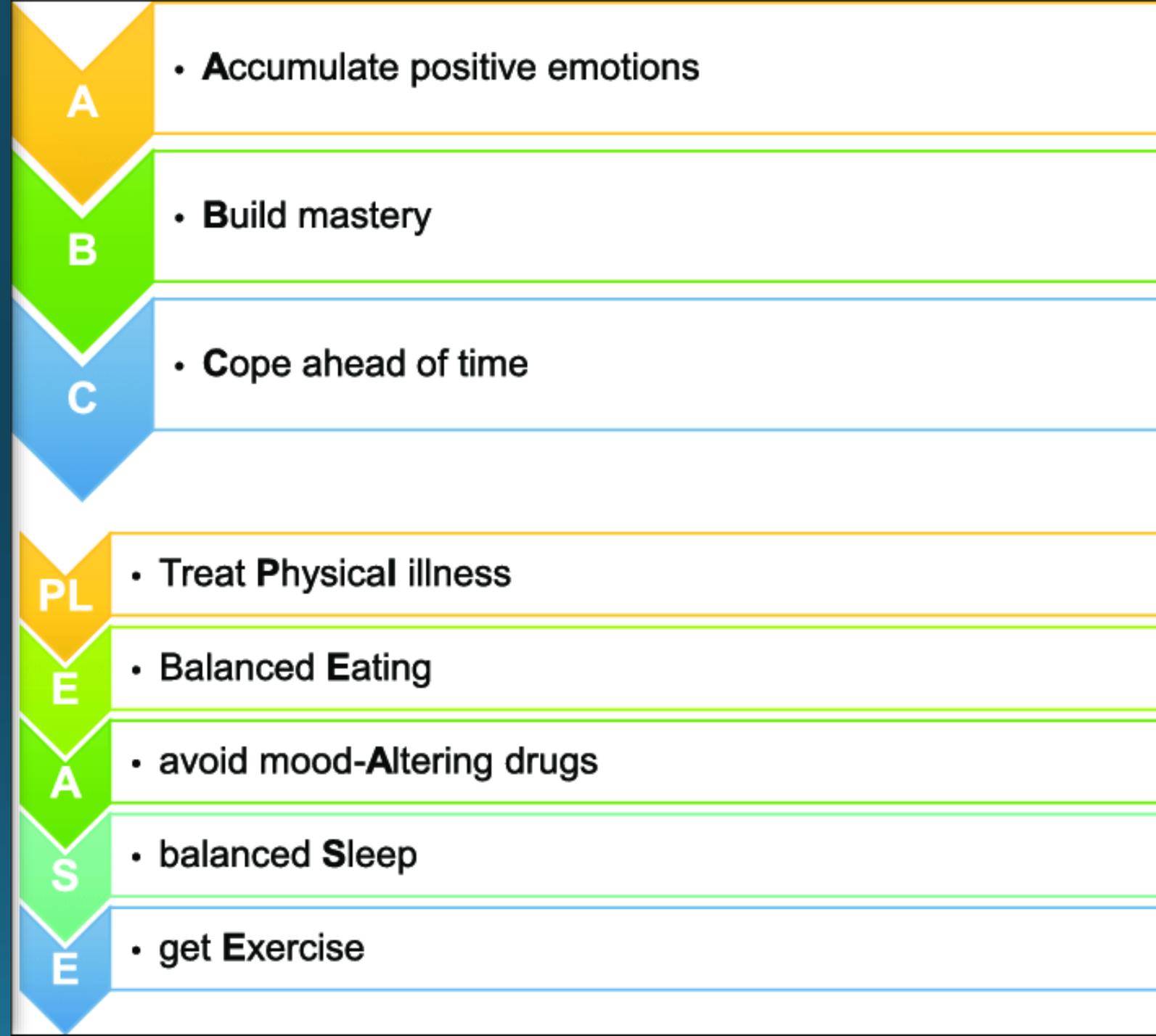
PL- treat what ails you...even the little things

E-eat well

A-avoid mind altering drugs etc

S- Quality Sleep

E- Exercise

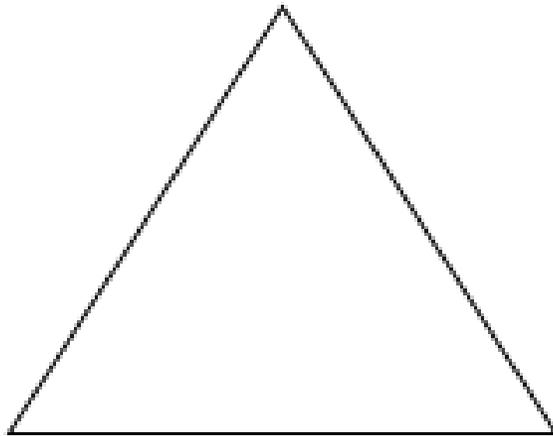


Interpersonal Effectiveness Skills

- By learning to ask for what you need
- Maintaining those personal boundaries and
- Flex in relationships

This allows for building healthy supports which before were not possible or may not have been possible for a very long time.

Objectives
(DEAR MAN)



Relationships
(GIVE)

Self-Respect
(FAST)

DEARMAN

DEAR MAN

The acronym **DEAR MAN** outlines a strategy for communicating effectively. This strategy will help you express your wants and needs in a way that is respectful to yourself and others. Using DEAR MAN will increase the likelihood of positive outcomes from your interactions.

Describe

Clearly and concisely describe the *facts* of the situation, without any judgment.

"You have asked me to work late 3 days this week."

Express

Use "I" statements to express your emotions.

"I feel overwhelmed by the extra work I've been given."

Assert

Clearly state what you want or need. Be specific when giving instructions or making requests.

"I need to resume my regular 40-hour work week."

Reinforce

Reward the other person if they respond well to you.

Smiling, saying "thank you", and other kind gestures work well as reinforcement.

Mindfulness

Being mindful of your goal means not getting sidetracked or distracted by other issues.

"I would like to resolve the overtime issue before talking about the upcoming project."

Appear confident

Use body language to show confidence, even if you don't feel it.

Stand up straight, make appropriate eye contact, speak clearly, and avoid fidgeting.

Negotiate

Know the limits of what you are willing to accept, but be willing to compromise within them.

"I'll finish the extra work this week, but I won't be able to manage the same amount of work next week."

FAST

Fair

Apology Free

Stick to values

Truthful

GIVE

Gentle

Interested

Validate

Easy Manner

Some Memes to pass along...

I HAVE A PARTICULAR SET OF DBT SKILLS



I WILL FIND MY EMOTIONS AND I WILL REGULATE THEM
generator.net



Believing yourself incapable of change and your life as pointless



Practicing mindfulness, accumulating positives, and building a life worth living

Sources

- https://www.researchgate.net/publication/5351884_Dialectical_Behavior_Therapy_for_Substance_Abusers
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2797106/>
- <https://sitarnewsletter.weebly.com/the-clinical-angle---roche.html>
- Linehan, M. M. (1993). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.
- Linehan, M.M. (2015). *DBT Skills Training Manual (2nd ed.)*. New York: Guilford Press.

Thank you!

This is just the tip of the DBT iceberg!

Questions?

Thoughts?

Looking for additional resources?

Please contact me

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C-NTA

