

SW 790 Adv Topics in IP 005 Seminar
May 25 & 26, 2012 Spring/summer
JoAnn Heap, LMSW
734 936 8711
Jheap@umich.edu

Friday and Saturday
8:30 AM – 4:30 AM
Room 3752 SSWB

SW 790

Dialectical Behavior Therapy Seminar

This is a beginning course on Marsha Linehan, Ph.D.'s cognitive behavioral therapy for borderline personality disorder and traits. This course is presented at this time in this situation to graduate students in the MSW program at University of Michigan School of Social Work. This course is a basic presentation of the concepts that undergird the treatment and the format in which it is delivered. It will give entrance level clinicians an understanding of the evidence-based treatment currently used internationally for suicidality and self-harm behavior occurring in persons who attempt to cope with emotion dysregulation, behavioral dysregulation, cognitive dysregulation, interpersonal dysregulation and self dysregulation. Students will be able to use some of the skills taught in the model for themselves as well as in their clinical work. It is a treatment that has joined into synthesis the ideas of mindfulness, dialectical and behavioral concepts.

Goals of the Seminar:

1. Knowledge regarding randomized clinical trials for Dialectical Behavior Therapy
2. Recognition of biosocial theory
3. Application of the use of dialectical synthesis
4. Identification of skills modules with application of one from each module
5. Identification and application of behavioral concepts

Agenda: May 25' 2012

Dialectical thinking, Mindfulness, Delivery
Emotion Regulation, Behavioral treatment issues

May 26, 2012

The art of Validation, Radical Compassion, Distress Tolerance
Interpersonal Effectiveness, Small group discussion

June 8' 2012 PAPER DUE

2 to 4 pages exploring at least two of the *concepts* discussed in class and one or more of the *skills* from the modules in the context of your own life and/or a clinical or professional situation.

The paper is also expected to describe your personal evaluation including pros and cons of these concepts and skills.

RESOURCES:

All information has been compiled from over 200 hours of training, research articles and the following texts and workbook:

Dialectical Behavior Therapy

- a. Linehan, M.M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. New York: Guilford Press.
- b. Linehan, M.M. (1993). Skills Manual for Treating Borderline Personality Disorder. New York: Guilford Press.
- c. Linehan, M.M., Miller, A.L., Rathus, J.H. (2007). Dialectical Behavior Therapy with Suicidal Adolescents. New York: Guilford Press.
- d. Dimeff, L.A., Koerner, K. (2007). Dialectical Behavior Therapy in Clinical Practice. New York: Guilford Press.

****Coursepack will be handed out in seminar along with other handouts. No purchase of text is required but "b" is most highly recommended. It is the current workbook and has pages you are permitted to copy and use in your practice with clients. jh