

Dialectical Behavior Therapy
Agenda

SW790 Adv Topics in IP 006 Seminar
May 25 & 26 Spring/Summer 2012

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Day 1: Friday May 25, 2012

- 8:30 Mindfulness Exercise
Review Syllabus and Learning Goals
Borderline Personality Disorder Diagnosis
Evidence base for DBT
- 9:40 Break 15 minutes
Meaning of Dialects
- 11:30 Lunch 1 hour
- 12:30 Chain Analysis
- 2:00 Break 15 minutes
Validation Strategies
- 4:30 Adjourn

Day 2: Saturday May 26, 2012

- 8:30 Mindfulness Exercise
Mindfulness Module
Interpersonal Effectiveness
- 10:15 Break 15 minutes
Interpersonal Effectiveness
- 11:30 Lunch 1 hour
- 12:30 Emotion Regulation
- 2:00 Break 15 minutes
Distress Tolerance
- 3:15 In Session Assignments: Chain Analysis (due at 4:30)
- 4:15 Evaluations

Dialectical Behavior Therapy Mini-Course
Syllabus

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DBT is an empirically supported treatment for individuals with severe emotion regulation problems. Part of the treatment consists of teaching individuals specific skill sets in mindfulness, interpersonal effectiveness, emotional regulation, and crisis management. Participants will learn an overview of these skills and how to integrate these skills into their clinical practice in both a group and individual therapy setting.

LEARNING GOALS:

As a result of this training participants will be able to:

- 1) Discuss the DBT research for different populations
- 2) Understand the diagnosis of Borderline Personality Disorder and the biosocial theory underlying the diagnosis in DBT
- 3) Explain how dialectics are used in DBT
- 4) Learn the four modules of skills in DBT (Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance)
- 5) Conduct Behavioral Chain Analyses
- 6) Explain Validation Strategies and the contexts in which they apply

AGENDA:

Day 1: Friday May 25, 2012

Borderline Personality Disorder Diagnosis, Evidence Base for DBT, Dialectics, Biosocial Theory, Validation strategies, Behavioral Chain Analysis

Day 2: Saturday May 26, 2012

Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance

COURSE REQUIREMENTS:

Attendance: Attend both days, in full

Exercise Completion: At the end of day two, there will be an in class exercise that must be turned in at the end of day two.

RESOURCES:

1. Linehan, M.M. (1993) Cognitive Behavioral Treatment of Borderline Personality Disorder. New York: Guilford Press.
2. Linehan, M.M. (1993) Skills Manual for Treating Borderline Personality Disorder. New York: Guilford Press.

✕ Purchase of texts is not required for class.

✕ Purchase of resources 1 and 2 are essential to implementing DBT in practice.

In Class Assignment: Chain Analysis
Pair up with another person in class.
Turn in at the end of Day 2.

Person 1 (Patient): Identify a problem
Person 2 (therapist): Conduct the chain analysis
After 30 minutes: SWITCH

For the chain analysis, the therapist will assist the patient in identifying his/her behavioral experiences stemming from problem.

- Remember to work your way backwards from when the patient was able to identify that a problem occurred or when she/he realized that something was problematic.
- Remember to think in small behavioral terms, including thoughts, feelings, sensations, etc.
- The Therapist is the naive observer, not assuming anything, which, using a nonjudgmental stance, will assist the patient in revealing and observing their own experiences.

Then, ask the patient to identify which skills s/he could have used at each link in the chain.

- If the patient cannot come up with a skill, or comes up with the same skill over and over, suggest a skill to use. If they say that that skill will not work, you may have missed a link in the chain.