Dialectical Behavior Therapy Seminar

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This is a beginning course on cognitive behavioral therapy for borderline personality disorder and traits, currently demonstrated to be equal to all other behavioral treatments for depression, anxiety, eating disorders, inpatient milieu and behavioral dysregulation prompted by high emotion or alexithymia. This treatment model is authored by Marsha Linehan, PhD., supported by beahvioraltech.org. 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
6. Application of the use of a diary card
7. Respect for the modes of the treatment
8. Participation in various experiences of mindfulness practice

Agenda: June 24, 2016  Dialectical Thinking, Mindfulness, Delivery, Modes of treatment, Emotion Regulation, Behavioral treatment issues, Assumptions about patients and therapy
June 25, 2016  The Art of Validation, Radical Compassion, Distress Tolerance Interpersonal Effectiveness, Small group discussion, Consultation Team

JULY 11, 2016  PAPER DUE
2 to 4 pages exploring at least three of the concepts discussed in class with some application to 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.

**** (No purchase of text is required) but Skills Manual for Treating Borderline Personality Disorder is most highly recommended. It is the original workbook and has pages you are permitted to copy and use in your practice with clients. The first half of the book explains how to teach skills and the concepts behind the skills.

**** The Second Edition of DBT Skills Training Handouts and Worksheets (Not required) is an updated version of the above, published in 2015, based on the same information as the above with additional worksheets. It is available to you to copy worksheets to use with your clients. This spiral booklet is the material being used in University DBT treatment groups currently. It can be ordered at a reasonable price from Guilford Press.