

Basic Skills for Dialectical Behavior Therapy
Mini-Course
Syllabus

SW 790 007
June 7-8, 2019 Spring/Summer 2019
9am-5pm
Room B798
Lecturer: Liz Haas, LMSW ACSW CST
Contact: Lizhaas@umich.edu

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.

This class contains material and discussions about suicide, rape, child abuse and neglect, and other topics that some may find uncomfortable or triggering of participants' own experiences or uncomfortable emotions or thoughts. This material is being presented to the class so that the participants may gain an understanding of what possible future patients may have experienced. If a participant is in need of support or clarification, it is important that the participant seek that support from the Lecturer or another trusted person. The University of Michigan's Counseling and Psychological Services number is 734-764-8312. The Crisis Hotline is 1-800-273-8255.

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 June 7, 2019

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

Day2: Saturday June 8, 2019

Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance

COURSE REQUIREMENTS:

- 1) Attendance: Attend both days, in full
- 2) Participation and In Class Exercises: On both days there will be several in class exercises that will culminate with participating in, and completing, a chain analysis with recommended DBT skill implementation.
- 3) Readings: It is suggested that you read chapters 1-5 of the DBT Skills Training Manual (2nd Ed).

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.
3. Linehan, M.M. (2014). *DBT skills training manual* (2nd ed). New York, NY: The Guilford Press.
4. Linehan, M.M. (2014). *DBT skills training handouts and worksheets* (2nd ed). New York, NY: The Guilford Press.
5. McKay, M., Wood, J, Brantley, J. (2007). *The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance*.
6. Pederson, L. (2012). *The Expanded Dialectical Behavior Therapy Skills Training Manual*. Premier Publishing and Media.
7. Expert on Mental Illness Reveals Her Own Fight. <https://www.nytimes.com/2011/06/23/health/23lives.html>
8. Rathus, J.H., & Miller, A. L. (2014). *DBT Skills Manual for Adolescents*. New York, NY: Guilford Press.
9. <https://behavioraltech.org/>
10. <http://www.linehaninstitute.org/resources/fromMarsha/>
11. <https://borderlinethefilm.com>
12. <https://www.npr.org/2018/04/02/598119170/the-scarcity-trap-why-we-keep-digging-when-were-stuck-in-a-hole>

✘ Purchase of texts are not required for class.

✘ Knowledge of and access to resources 1, 3, and 4 are essential to implementing DBT in practice.

Time-Line

Day 1: Friday June 7, 2019

- 9:10 Mindfulness Exercise
Review Syllabus and Learning Goals
Borderline Personality Disorder Diagnosis
Evidence base for DBT
- 10:30 Break 15 minutes
Meaning of Dialects
- 12:00 Lunch 1 hour
- 1:00 Problem Solving and Chain Analysis
- 2:30 Break 15 minutes
Validation Strategies
- 5:00 Adjourn

Day 2: Saturday June 8, 2019

- 9:10 Mindfulness Exercise
Mindfulness Module
Distress Tolerance
- 10:30 Break 15 minutes
Interpersonal Effectiveness
- 12:00 Lunch 1 hour
- 1:00 Emotion Regulation
- 2:30 Break 15 minutes
- 2:45 Continue Skills Lecture
- 3:15 In-Session Exercise: Chain Analysis
- 5:00 Adjourn

In Class Assignment: Chain Analysis

Pair up with another person in class.

- 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 with the use of General Worksheet 2: Chain Analysis of Problem Behavior

- 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 to reduce vulnerability in the future, prevent the precipitating event from happening again, and plans for repair, correction, and over correction.

- 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.

Use General Worksheet 2 in completing this assignment.