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Welcome!
We are so glad to have
you join us today!



DBT Part 1 – Introduction & Skills Practice



Lorna Simmons, Owner & Training Development
Officer
CE Training Workshops, LLC

Housekeeping

- There will be several opportunities for “Q&A” so write your questions down and when we get to each section, raise your hand and the facilitator will answer your questions in order.
- We have provided time for a 15-minute break for you to stretch your legs and get a snack!
- You will need to remain in the webinar for the full three hours in order to receive your certificate of completion.
- Your certificate will be emailed to you at the address & will reflect the name that you registered with.



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THE WISE MIND – *Training for Professional Excellence* INTEGRATING DIALECTICAL BEHAVIOR THERAPY SKILLS INTO EVERYDAY SESSIONS

Using DBT skills in everyday practice with confidence & effectiveness

Presented by Stacy Blankenship, MSW, LCSW

Let's do some Introduction

Stacy's
intro

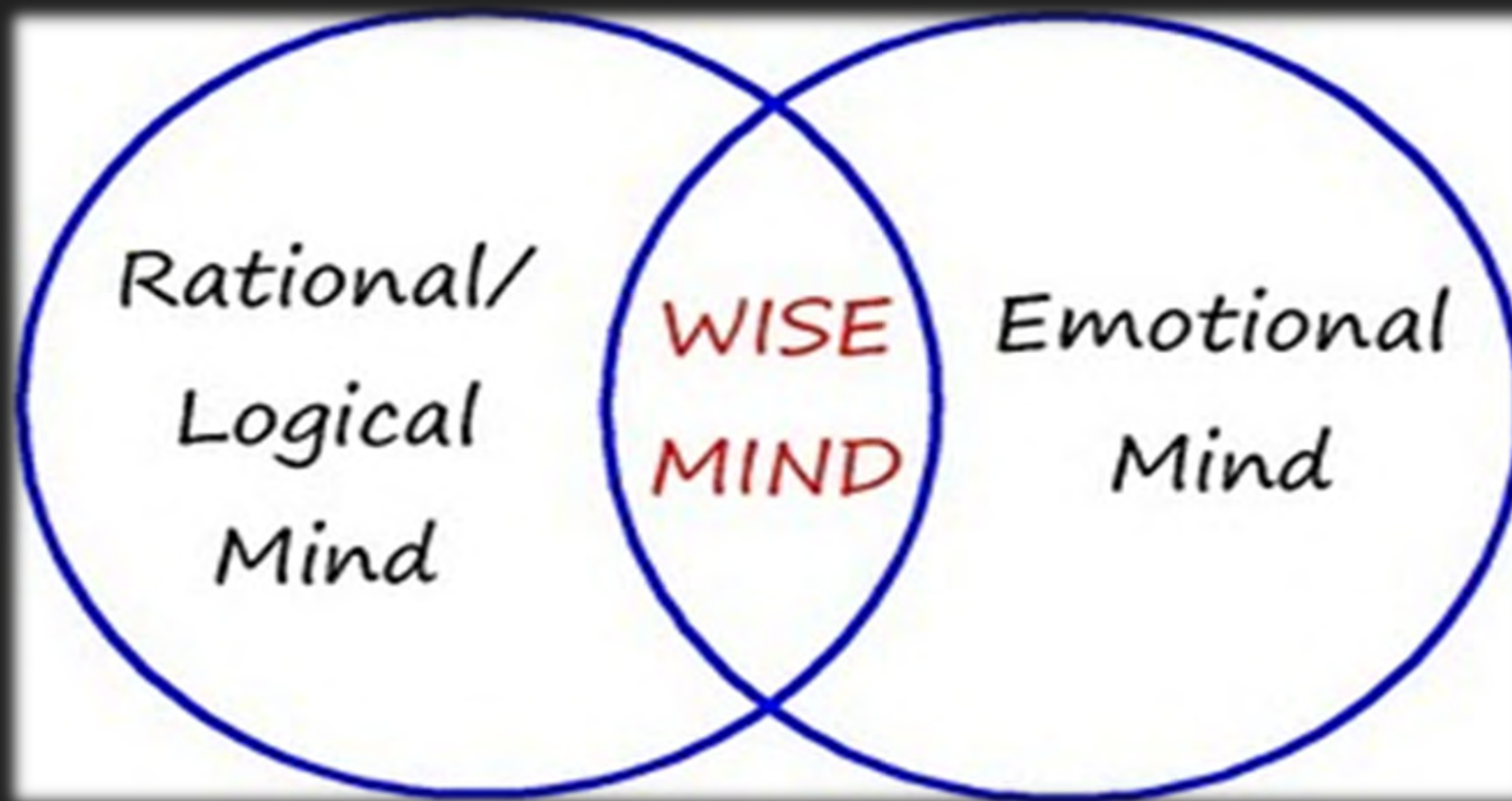
- Name,
pronouns,
knowledge



Objectives

- Learn the background and basics of DBT therapy
- Learn more about the four skill modules in DBT
- Delve into specific skills that can be used in everyday therapy sessions

What is your understanding of DBT?



What is DBT?

- Dialectical: the tension between two opposites, e.g., acceptance and change
- Behavior: DBT teaches people skills they need and may not have, to help them live more effectively
- Therapy: Treatment is both individual, with a DBT-trained therapist, and group, in a weekly skills class. The ability of both individual and group therapists to combine warmth, nurturing, and validation with absolute insistence upon learning and applying the skills so that the patient's treatment goals can be met, cannot be overstated

General Overview



- Developed by Marsha Linehan, Ph.D., in 1993 as treatment for clients struggling with severe & persistent emotional, behavioral, & thought difficulties, especially those diagnosed with Borderline Personality Disorder.
- The Goal of DBT: “***Create a life worth living.***”

The Purpose of DBT

- DBT is targeted at clients with high emotional vulnerability who need better skills to help modulate strong emotions.
- Vulnerability:
 - a. Very high sensitivity to emotional stimuli
 - b. Very intense response to emotional stimuli
 - c. A slow return to emotional baseline following emotional arousal.
 - Including people living with PTSD, MDD, OCD, Grief, Dysthymia

Research on DBT and effectiveness

- From Behavioral Tech A Linehan Institute Training Company:
 - There is a wealth of evidence supporting the effectiveness of DBT. The first randomized controlled trial (RCT) of DBT was published in 1991, in which Dr. Marsha Linehan and her colleagues found that DBT resulted in significant improvements for chronically suicidal and self-injuring women with borderline personality disorder, a clinical population that had previously been viewed as untreatable (Linehan et al., 1991).
 - In the decades since this landmark study, DBT has been extensively researched for individuals with a wide range of mental health conditions receiving treatment in diverse practice settings around the world.

Linehan's Theory of the Development of Borderline Personality Disorder (BPD)

Based on a bio-social theory of BPD



Foundations of DBT

- Purpose:
 - Reducing dysfunctional behaviors
 - Increasing skillful behaviors
 - Building a life worth living
- Client needs validating environment in which s/he is taught to regulate emotions, deal with interpersonal conflicts, tolerate distress, and find balance.



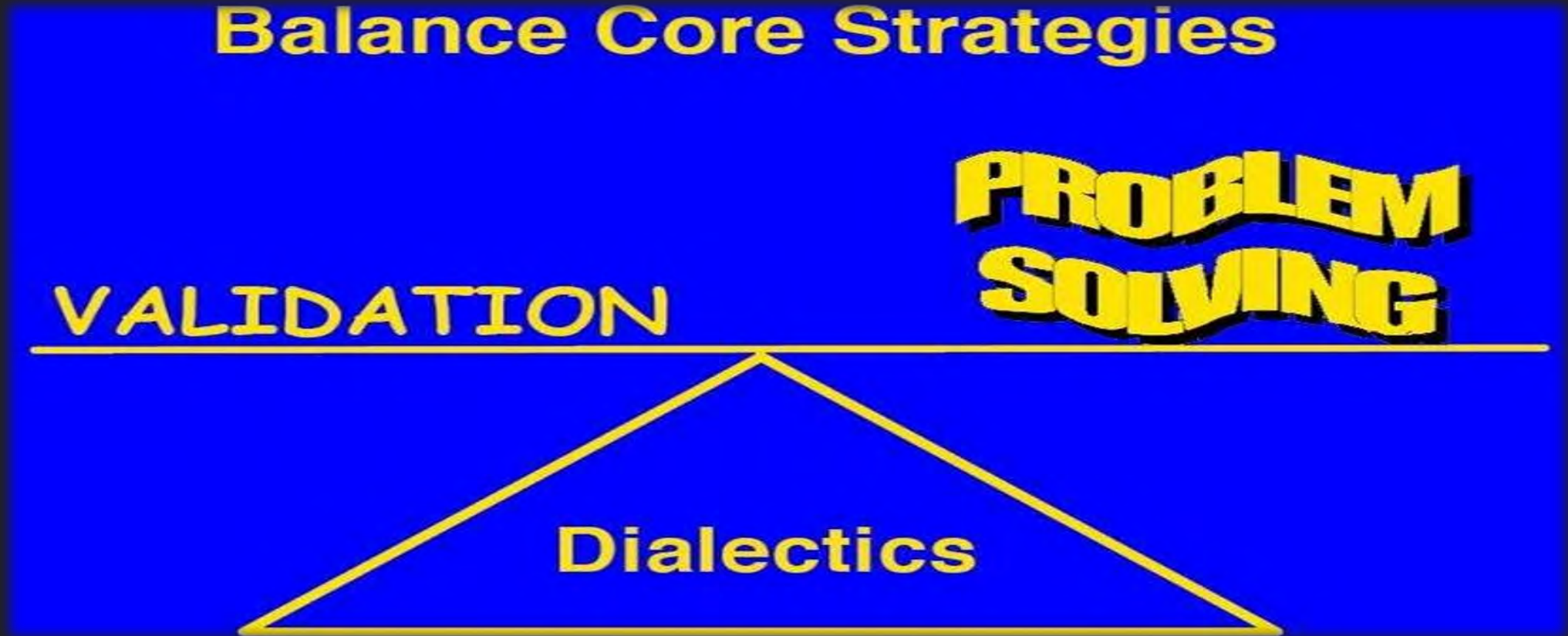
Balance in treatment

Balance Core Strategies

VALIDATION

PROBLEM
SOLVING

Dialectics



Four areas are emphasized:

- Acceptance and validation of behavior as it is in the moment
- Treating therapy-interfering behaviors of both client and therapist
- The assumption that the therapeutic relationship is essential to the treatment
- Dialectic process [persuasive dialogue, focus on reality]



What is special about DBT?

- 1) We always assume the client wants to change and is trying their best at any given time.
- 2) We validate: The client's behavior pattern is understandable given their background and present circumstances.
- 3) And push for change: despite this, the client needs to try harder if things are to improve.
- 4) We believe that clients cannot fail at DBT.



Core Differences between CBT & DBT

Cognitive Behavior Therapy (CBT)

- Focus on change
- Exposure to distress
- Problem focus: specific

Dialectical Behavior Therapy (DBT)

- Dialectic of acceptance and change
- Exposure to distress with acceptance of distress
- Problem focus: broad, inclusive and use of hierarchy

EXAMPLE OF A DIARY CARD

Dialectical Behavior Therapy (DBT) Diary Card	initials	Date Finished	How often did you fill out this card? 1 2-4 5-6 7 Filled out in Session? Y/N
			Target Behavior:

Target Behavior			Emotions							Skills		
How strong was your urge to use (or avoid) your target behavior? Did you?			Rate how intense your emotion was each day							*Use this scale to rate how you used your skills. Check "R" if you reinforced yourself for using skills.		
(0=least intense and 5=most intense)												
Day	Urge	Action	Joy	Pain	Sad	Shame	Anger	Fear	Skills	Did my DBT homework	Reinforced self for using skills	
Mon	4*	Y	1	5	2	5	5	5	1	N	N	*USED SKILLS 0=Not thought about or used 1=Thought about, not used, didn't want to 2=Thought about, not used, wanted to 3=Tried but couldn't use them 4=Tried, could do them but they didn't help 5=Tried, could use them, helped 6=Didn't try, used them, didn't help 7=Didn't try, used them, helped
Tues	2	N	0	3	1	3	1	3	5	Y	Y	
Wed	1*	Y	0	4	2	5	2	4	4	Y	Y	
Thurs	2*	Y	1	5	2	5	5	2	2	N	N	
Fri	0	N	4	2	0	2	1	3	5	Y	Y	
Sat	4*	Y	1	5	1	5	5	5	3	N	N	
Sun	3	N	2	2	3	2	2	3	5	Y	Y	

EXAMPLE OF ANOTHER DIARY CARD

Dialectal Behavior Therapy Diary Card		Instructions: Circle the days you worked on each skill		Filled out in session? Y N		How often did you fill out this side? _____ Daily _____ 2-3x _____ Once			
1. Wise mind		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
2. Observe: just notice (Urge Surfing)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
3. Describe: put words on		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
4. Participate: enter into the experience		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
5. Nonjudgmental stance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
6. One-mindfully: in-the-moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
7. Effectiveness: focus on what works		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
8. Objective effectiveness: DEAR MAN		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
9. Relationship effectiveness: GIVE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
10. Self-respect effectiveness: FAST		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
11. Reduce vulnerability: PLEASE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
12. Build MASTERY		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
13. Build positive experiences		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
14. Opposite-to-emotion action (Alt. Rebellion)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
15. Distract (Adaptive Denial)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
16. Self-soothe		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
17. Improve the moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
18. Pros and cons		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
19. Radical Acceptance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
20. Building Structure// Work		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
21. Building Structure// Love		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
22. Building Structure// Time		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
23. Building Structure// Place		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
Urge to use (0-5):		Before therapy session: _____		After therapy session: _____		BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.			
Urge to quit therapy (0-5):		Before therapy session: _____		After therapy session: _____					

Skills Training

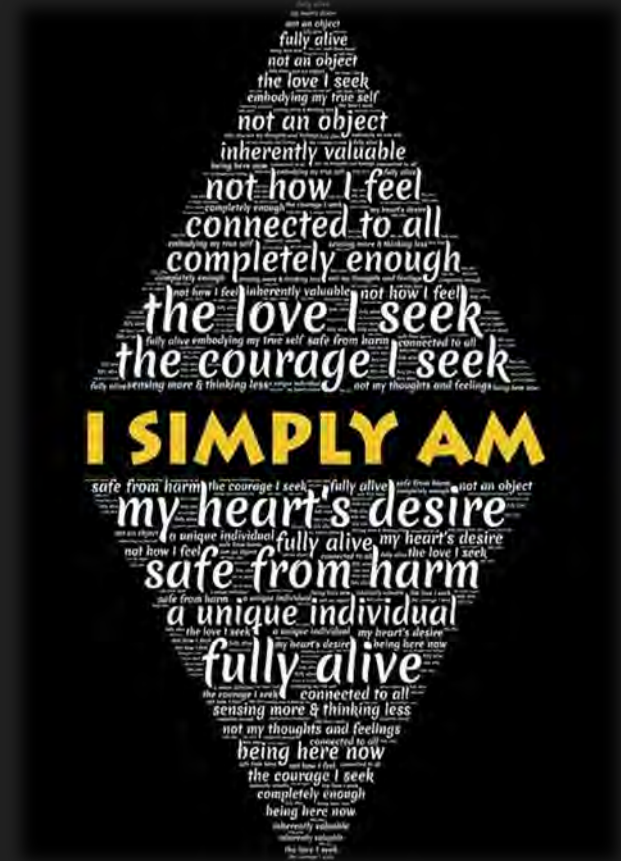
1. Core mindfulness skills.
2. Interpersonal effectiveness.
3. Emotion modulation skills.
4. Distress tolerance skills.

We ask for a commitment of six months to a year for therapy



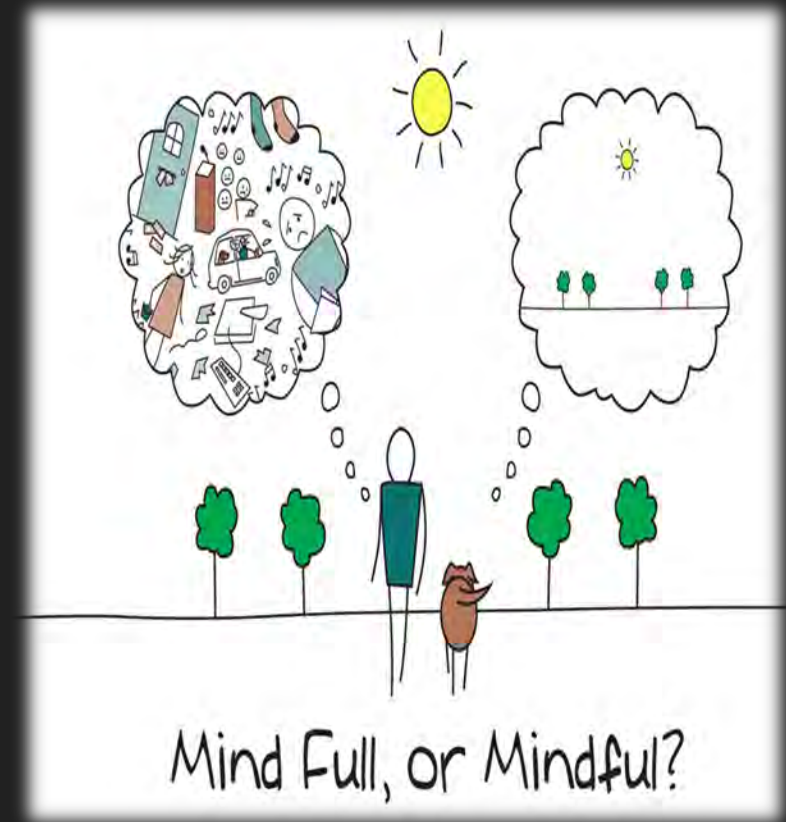
Core Mindfulness- Goals:

- To learn to observe one's thoughts, feelings, and body sensations without reacting to them
- To increase control of one's mind
- To cultivate a non-judgmental stance
- To participate in life with awareness, because participation without awareness is characteristic of impulsive and mood-dependent behaviors
- To approach, not avoid
- To experience reality as it is



Core Mindfulness- What it is:

- Being 'full of mind'
- A state, an attitude, a perspective
- Being fully in the current moment
- A way of paying attention
- A way of finding your center or balance
- A lampshade to direct your attention



Interpersonal Effectiveness- Goals:

- Decrease interpersonal chaos
- Ask for what you want
- Say “no” and be taken seriously
- Build relationships and end destructive ones
- Sustain or increase self-respect
- Walk the “middle path”, balancing acceptance and change, wants and needs in relationships



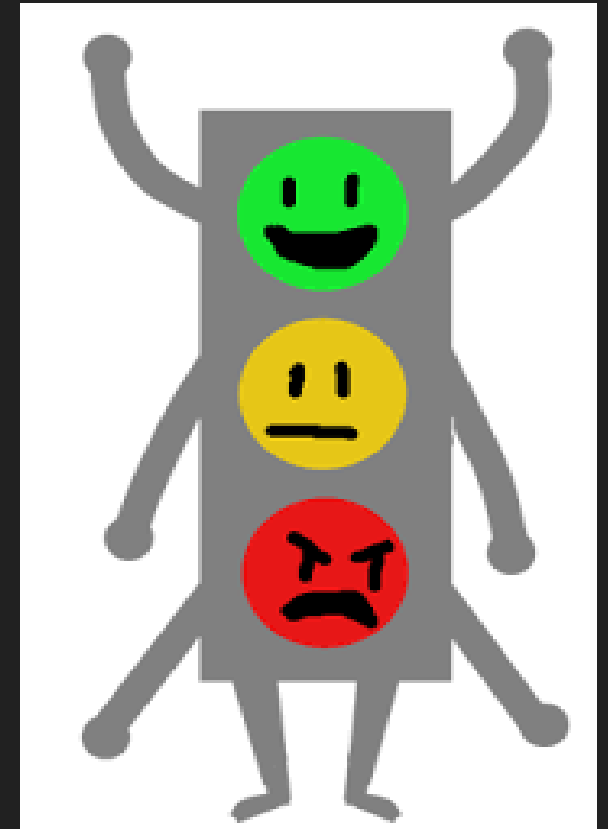
Emotion Regulation- Goals:

- Accept that emotions are a part of life and strive for some control over them (not total control)
- Understand emotions
- Know what emotions do for us
- Reduce emotional vulnerability
- Decrease emotional suffering
- Increase positive emotional experiences
- Learn to act in ways opposite to the emotion



Distress Tolerance- Goals:

- Survive crises
- Have a “first aid kit” for tough situations
- Learn how to get through a difficult situation without making it worse and without harming yourself or anyone else



How to work as a “DBT” therapist*

1. Remember that change is difficult to achieve and fraught with fears. Be cautious about suggesting that “great progress” has been made.
2. Progress can evoke fears of abandonment.
3. Lower your expectations
4. Set realistic goals that are attainable.
5. Work on one thing at a time.
6. Keep things cool and calm.
7. Express appreciation and validation



Now let's have some fun!

You can use DBT skills in your practice
REGARDLESS of training or expertise.

All you need to know is the purpose, goal and
how to use the tools.



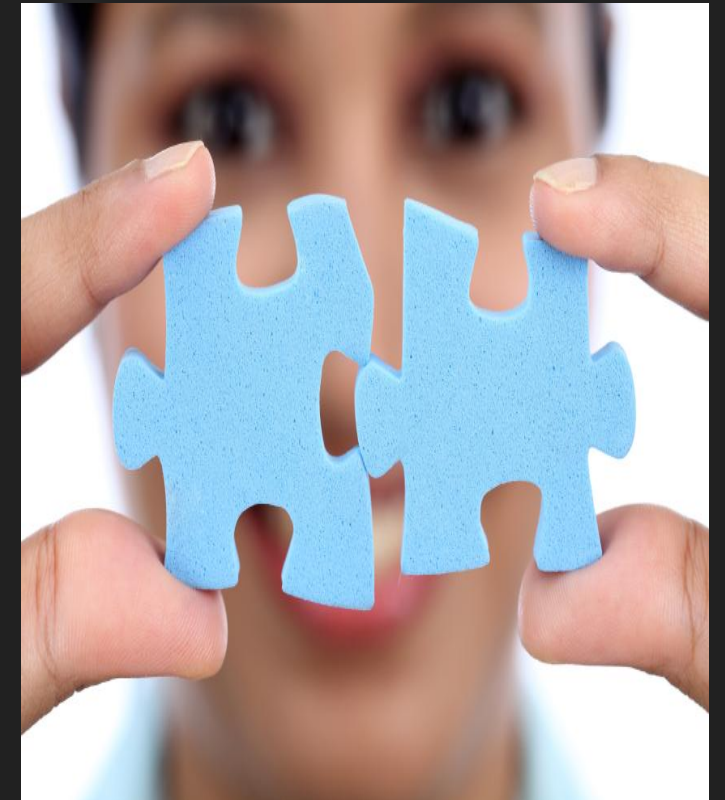
We are going to practice!
Skills you can use in everyday sessions

- Mindfulness exercises
- Dialectical thinking
- Loving kindness



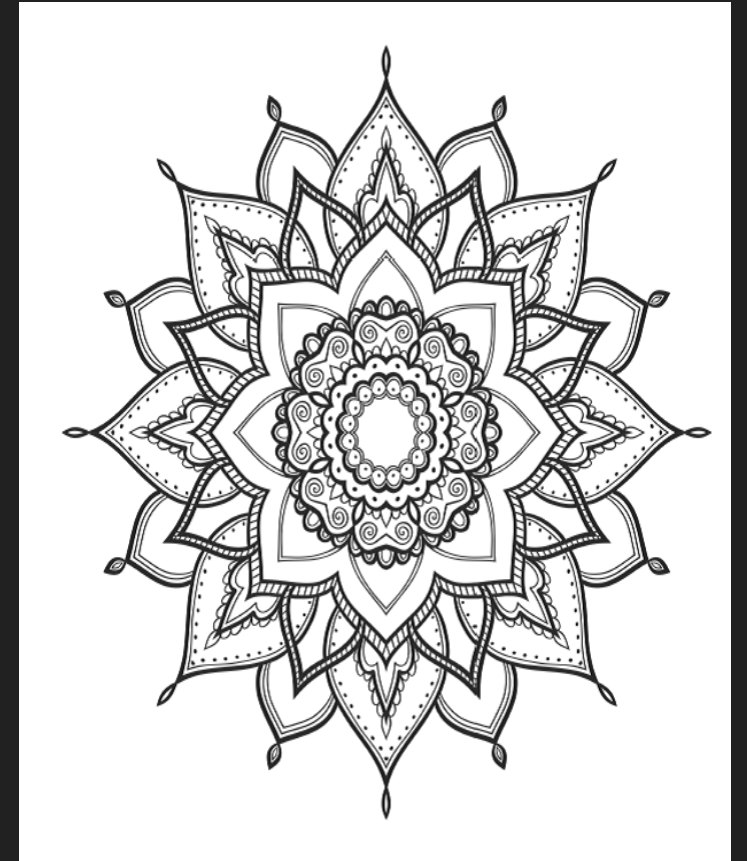
Mindfulness Practice

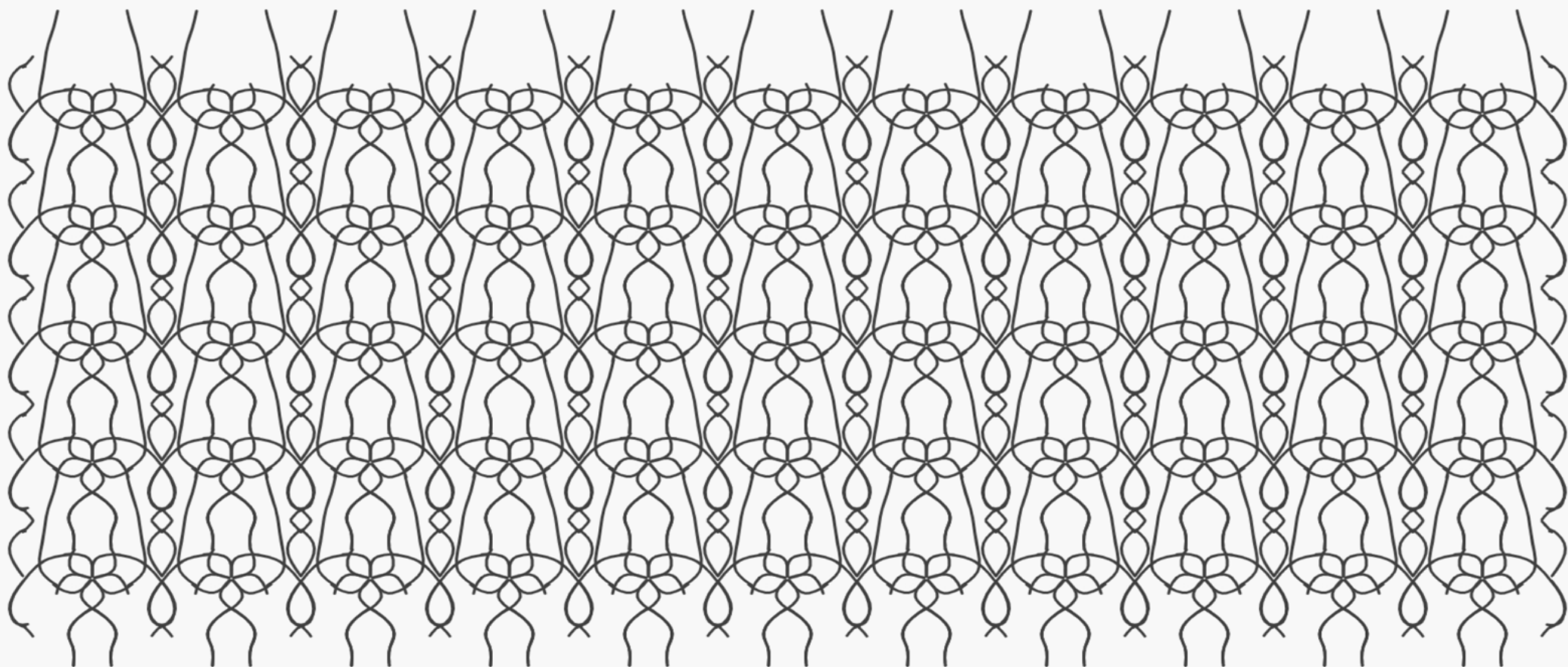
- Purpose
 - Recognize and understand emotions and let go without judgement
- Goals
 - To focus on task and let go of everything else
- Activity
 - Paper puzzle



Dialectical Thinking

- Purpose
 - Provide tool for people to see things differently
- Goals
 - To reduce self-righteous thinking, reduce arguments and provide a new way of seeing things
- Activity
 - Pattern coloring





Loving Kindness

- Purpose
 - Reduce anger and attachment to distress
- Goals
 - To help clients build up limbic system and increase positive emotions
- Activity
 - Loving kindness meditation



Mantra

- May you be safe
- May you be well
- May you feel loved
- I value the humanness in you



Summary of main points

- DBT was designed for use with people living with a Borderline Personality diagnosis; but has been shown to be effective with most people needing skills to regulate emotions and relationships
- There are four main modules of skills in DBT skills training, Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness
- Any therapist can use DBT skills in therapy sessions to assist clients in developing healthier coping skills



Radical acceptance rests
on letting go of the illusion
of control and a
willingness to notice and
accept things as they are
right now, without judging

Marsha M Linehan
PICTUREQUOTES.COM

Any Final
Questions?



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attending
today!

Your certificate of completion will be emailed to you within 4 hours
of training completion.

Included in the email will be a survey monkey link for you to
complete your course evaluation.

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We appreciate you!

Local Resources

- **Triangle Area DBT (TADBiT):** founded by Meggan Moorhead and Norma Safransky with the goal of promoting the use of DBT in the Triangle Area
<http://www.triangleareadbtc.com>
- **DBT-U for university students:** <http://www.dbt-u.com/dbt-u-groups>. Groups run by semester schedule in Chapel Hill, Carrboro, Durham, Raleigh
- **DBT Listserv:** DBT individual and/or group therapists in the Triangle community.

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