

University of Pennsylvania
MSW Program

SWRK 778 2019A. Dialectical Behavioral Therapy (DBT)

What is DBT?

“Dialectical Behavior Therapy (DBT) is an integrative, evidence-based treatment which synthesizes acceptance-oriented therapies with the precision of cognitive and behavioral therapies. Dozens of controlled studies support the effectiveness of DBT with adolescents and adults affected by emotion dysregulation in increasing safety and stability, maximizing participation in treatment, and significantly improving mood, relationships, and job functioning. The model was originally developed by Dr. Marsha Linehan, Ph.D. and her colleagues at the University of Washington.” - Alan Fruzzetti

Class culture/format:

This is a 14-week class on DBT in a primarily hands-on workshop format. We will conduct the class as if you are part of a DBT team practicing the principles of DBT as we go through the course. This requires a willingness to examine one’s own and other’s behavior in an on-going and nonjudgmental way. We will also be asking you to complete a diary card in order to practice your skills. Diary cards will be reviewed with a partner. While there is one formal written chain analysis required as part of the assignments, chain analysis is such an essential skill, we will be doing many verbal ones on the spot. You should be quite skilled with this by the end of the course.

Learning Goals

- 1) To understand and be able to describe the theory, principles, and techniques of DBT (validation, mindfulness, chain analysis, ...).
- 2) To develop a critical understanding of the empirical basis of DBT.
- 3) To gain practice experience in carrying out a skills module and/or conceptualize a case from a DBT framework.
- 4) To gain an in-depth understanding of one aspect of DBT or its application to a particular population.

Grading Criteria :

Your grade will be assigned based on your performance in the following tasks:

Diary card	10%
Chain analysis	15%
Case formulation	20%
Teaching a skill <i>or</i> leading two mindfulness exercises	20%
Showing up, being present, attendance	15%
Exam	20%

This course is very much “hands on,” emphasizing skill acquisition through practice. Grading is primarily based on class participation and how well you embrace the concepts of willingness, nonjudgmentalness, self-reflection, and so on. Risk-taking is encouraged. You will not be graded on whether or not you get something right but rather your willingness to jump in and try, to give and take feedback. Making mistakes is welcome as it enhances learning for you and your peers.

Diary Card (10% of grade) 1/31/19 – 2/14/19

For two weeks, you will be asked to complete a daily diary card related especially to use of skills as well as identified areas you may wish to work on. Bring your completed diary card to class on 2/14/19.

Chain Analysis (15% of grade) due on 2/21/19, uploaded to Canvas.

The purpose of a chain analysis is to identify the controlling variables for a problem behavior. Take a problem behavior you would like to change and complete a chain analysis on it. The problem behavior should be something you are willing to share with your peers and the instructor. The chain should take about 20 minutes of your time. We will use chain analyses for in class exercises. We may be doing several of these in class. You will be required to submit one behavior chain analysis.

Case Formulation (20% of grade) due 4/11/19, uploaded to Canvas.

When treatment failure occurs, it is often (usually?) due to insufficient assessment. To practice assessment and effective treatment, you and a partner are required to complete a DBT case formulation on a client you or your partner are working with in the field. All identifying information should be concealed.

Mindfulness Exercises (20% of grade for some students)

Some students will be asked to individually lead the class in two mindfulness exercises. How you introduce the exercise and debrief after will be as important as the exercise itself. You are free to bring in previously taped material, make up your own exercise, or lead the class in an exercise of your choice. Introducing, facilitating, and debriefing one mindfulness exercise should total approximately 10 minutes.

Leading a Skills Module (20% of grade for some students):

Those not leading the class in mindfulness exercises will pair off with a partner to teach a skill from one of the four skills modules. The class will simulate a skills group, and your job will be to facilitate skills training in a DBT-adherent manner. Instructors will provide support and additional materials to assist you with this endeavor. You and your partner will have approximately 20 minutes to teach the skill.

Exam (20% of course grade) due 4/25/19, uploaded to Canvas.

Linehan (1993) is the core DBT text. You are required to read it from cover to cover before completion of the course. The earlier in the semester you read the book, the more you will be able to focus on applying the concepts in class. To enhance your learning of core DBT concepts, you will be asked to complete an open-book exam based on concepts from this book and in-class learning. While open book, the exam is to be completed individually, and we will use the honor system to ensure that you do not collaborate with your peers to

complete it. The exam will be completed throughout the semester and submitted on the last day of class. We will also review the exam on the last day of class, so you should come to class that day with a copy of your exam and the ability to take notes on it.

Weekly Class Schedule

Week 1: 1/17/18

- Introductions/ Orientation
- Introduction to DBT
- Overview of DBT Research
- Introduction to Mindfulness Practice

Week 2: 1/24/18

- Dialectics and Dialectical Strategies
- Case Management
- Biosocial Theory
- Structure of DBT: Population, Modes, Stages, and Targets

Week 3: 1/31/18 **BEGIN DIARY CARD COMPLETION******

- Starting with a Solid Foundation: Pre-treatment
- Commitment Strategies
- Diary Card
- Structuring Individual Sessions

Week 4: 2/7/18

- Acceptance Strategies: Validation
- Change Strategies: Behavior Therapy

Week 5: 2/14/18 **BRING COMPLETED DIARY CARD TO CLASS******

- Behavior Chain Analysis
- Developing Hypotheses off the Chain Analysis

Week 6: 2/21/19 **COMPLETED BEHAVIOR CHAIN ANALYSIS IS DUE******

- Solution Analysis: Problem Solving
- Solution Analysis: Exposure

Week 7: 2/28/19

- Solution Analysis: Skills and Coaching
- Solution Analysis: Contingency Management
- Solution Analysis: Cognitive Modification

Week 8: NO CLASS. SPRING BREAK!!

Week 9: 3/14/19

- Suicide Assessment
- Suicide Interventions
- Hospitalization

Week 10: 3/21/19

- Treating Therapy Interfering and Destroying Behavior
- Treating In Session Dysfunctional Behaviors

Week 11: 3/28/19

- Secondary Targets
- Phone Coaching
- Consultation Team

Week 12: 4/4/19

- Distress Tolerance: Pros and Cons, TIP, ACCEPTS, Self Soothe

**In class skills training: Pros and Cons. TIP. ACCEPTS

Week 13: 4/11/15. **CASE FORMULATION DUE**

- Emotion Regulation: Problem Solving, Opposite Action, Mindfulness of Emotions

**In class skills training: Problem solving. Opposite action. Mindfulness of emotions.

Week 14: 4/18/19

- Interpersonal Effectiveness: DEAR MAN, GIVE, FAST

**In class skills training: DEAR MAN. GIVE/ FAST.

Week 15: 4/25/19. **OPEN BOOK EXAM IS DUE**

- DBT Implementation

Required Texts:

Linehan, M.M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. Guilford Press.

Strongly Recommended Texts:

Hanh, T.N. (2016). *The miracle of mindfulness*:

Linehan, M.M. (2014a). *DBT skills training manual, second edition*. Guilford Press.

Linehan, M.M. (2014b). *DBT skills training handouts and worksheets*. Guilford Press.

Pryor, K. (2002). *Don't Shoot the Dog! The New Art of Teaching and Training*. Gloucestershire: Ringpress Books.

-These five books are required reading for DBT intensive training. Linehan (1993) is the most essential book, outlining all of DBT. Linehan (2014a) and Linehan (2014b) are specifically for the group skills training portion of DBT, and they are updated instructions on the most important part of DBT. Hanb (2016) is a great introduction to mindfulness, and Pryor (2002) is a great introduction to behavioral theory. Mindfulness and behaviorism are both important theoretical orientations in DBT. Hanb (2016), Linehan (2014b), and Pryor (2002) can also be recommended for some clients to read.

Recommended Readings

Baer, R. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology, 10*, 125-143.

Blennerhassett, C.R. & O'Raghallaigh, W.J. (2005) Dialectical behaviour therapy in the treatment of borderline personality disorder. *British Journal of Psychiatry, 186*, 278-280.

-The article just above is considered a 'comprehensive' critique of DBT.

Cloud, J. (2009). The mystery of borderline personality disorder. *Time*, Jan. 8th.
<http://www.time.com/time/magazine/article/0,9171,1870491-4,00.html>

Dimeff, L. and Linehan, M.M. (2008). Dialectical Behavior Therapy for Substance Abusers. *Addiction Science and Clinical Practice, 39-47*.

Dimeff, L. and Linehan, M.M. (2001). Dialectical behavior therapy in a nutshell. *The California Psychologist, 34*, 10-13.

Dmidjian, S. and Linehan, M.M. (2006). Defining an Agenda for Future Research on the Clinical Application of Mindfulness Practice. *Clinical Psychology: Science and Practice, 10(2)*, 166–171.

Dmidjian, S. and Linehan, M.M. (2008). Mindfulness practice. In W. O'Donohue and J.E. Fisher (Eds.) *Cognitive Behavior Therapy: Applying Empirically Supported Techniques in Your Practice*. Hoboken, NJ: John Wiley & Sons.

Follette, V., Palm, K.M., & Pearson, A.N. (2006). Mindfulness and trauma: Implications for treatment. *Journal of Rational-Emotive & Cognitive-Behavior Therapy, 24*, (1), 45-61.

Hawkins, K.A.. and Sinha, R. (1998). Can line clinicians master the conceptual complexities of dialectical behavior therapy? An evaluation of a State Department of Mental Health training program. *Journal of Psychiatric Research, 21*, 379-384.

Koerner, K., & Linehan, M. M. (2003). Validation principles and strategies. In W. O. O'Donohue, J. D. Fisher & S. C. Hayes (Eds.), *Cognitive behavior therapy* (pp. 229-237). New York: John Wiley & Sons.

Koerner, K. & Linehan, M. M. (1997). Case formulation in dialectical behavior therapy for borderline personality disorder. In T. Eells (Ed.), *Handbook of Psychotherapy Case Formulation*. New York: Guilford Press.

-This is a tough going chapter so will require a couple of reads. This chapter is the reference for doing a case conceptualization.

Linehan, M.M, Armstrong, H.E., Suarez, A., et al (1991) Cognitive –behavioural treatment of chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 48, 1060-1064.

-The above article is the landmark study on DBT.

Linehan, M., Bohus, M., & Lynch, T. (2007). Dialectical Behavior Therapy for pervasive emotion dysregulation: Theoretical and practical underpinnings. In J. Gross (Ed.) *Handbook of Emotion Regulation*. New York: Guilford Press.

Linehan, M., Comtois, K., Murray, A., Brown, M., Gallop, R., Heard, H., Korslund, K., Tutek, D., Reynolds, S., Lindenboim N. (2006). Two-year randomized controlled trial and follow-up of dialectical behavior therapy vs therapy by experts for suicidal behaviors and borderline personality disorder. *Archives of General Psychiatry*, 63(7), 757-766.

-The above article is the follow up to the landmark 1991 study with better controls and increased sample size.

Linehan, M.M., McDavid, J.D., Brown, M.A., Sayrs, J.H.R., & Gallop, R.J. (2008). Olanzapine plus dialectical behavior therapy for women with high irritability who meet criteria for borderline personality disorder: a double-blind, placebo-controlled pilot study. *The Journal Of Clinical Psychiatry* , 69, 999 – 1005.

Lynch, T., Trost, W., Salsman, N., & Linehan, M. (2007). Dialectical Behavior Therapy for Borderline Personality Disorder. *Annual Review of Clinical Psychology*, 3, 181-205.

Lynch, T.R., Chapman, A.L.; Rosenthal, M.Z., Kuo, J.R., & Linehan, M.M. (2006). Mechanisms of Change in Dialectical Behavior Therapy. *Journal of Clinical Psychology*, 62(4), 459-480.

Neacsiu, A., Rizvi, S., & Linehan, M.M. (2010). Dialectical behavior therapy skills use as a mediator and outcome of treatment for borderline personality disorder. *Behaviour Research and Therapy*, 48, 832-839.

-The data suggest that the most important element of DBT is skills training. The above article provides evidence for skills mediating outcomes.

Olenchek, C. (2008). Dialectical behavior therapy — Treating borderline personality disorder. *Social Work Today*, 8(6), 22.

-While there are many social workers doing DBT and now publishing in DBT (see work by Andre Ivanoff of Columbia University School of Social Work), the above article is the only social work article I could find on DBT, so there is room for all of us to publish in this arena! Pay attention to the 'concerns' about DBT highlighted in this article.

Rizvi, S.L., Welch, S.S., & Dimidjian, S. (2008). Mindfulness and borderline personality disorder. In F. Didonna (Ed.), *Clinical Handbook of Mindfulness*. New York: Springer.

Robins, C. (2002). Zen principles and mindfulness practice in dialectical behavioral therapy. *Cognitive and Behavioral Practice, 9*, 50-57.

Rosenthal, M., Gratz, K., Kosson, D., Cheavens, J., Lejuez, C., & Lynch, T. (2008). Borderline personality disorder and emotional responding: A review of the research literature. *Clinical Psychology Review, 28*, 75-91.

-This article gets into neuroimaging as the way of the future to measure emotional response. Gives an overview of what self-report measures have revealed to date about emotional response in persons diagnosed with BPD.

Toneatto T, and Nguyen L. (2007). Does mindfulness meditation improve anxiety and mood symptoms? A review of the controlled research. *Canadian Journal of Psychiatry, 52*, 260–6.

Wagner, A., Rizvi, S., & Harned, M. (2007). Applications of Dialectical Behavior Therapy to the Treatment of Complex Trauma-Related Problems: When One Case Formulation Does Not Fit All. *Journal of Traumatic Stress, 20*(4), 391–400.

-This article has two case studies in a DBT case formulation style.

Recommended Books:

Barlow, D.H. (2014). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. Guilford Press.

-This book is essential for any aspiring mental health clinician seeking to practice from an evidence-based perspective. Each chapter outlines evidence-based treatments and strategies for a DSM diagnosis. The chapter on borderline personality disorder focuses heavily on DBT, for example. It is a great adjunct to solid DBT training, allowing clinicians to have an overview of frontline treatment options beyond emotion dysregulation and DBT.

Dimeff, L. and Koerner, K. (Eds.) (2007). *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*. New York: Guilford.

Fruzetti, A.E. (2006). *The high conflict couple: A dialectical behavior therapy guide to finding peace, intimacy, and validation*. New Harbinger Press.

-A great self-help book for couples that employs DBT strategies.

Koerner, K. (2012). *Doing Dialectical Behavioral Therapy*. New York: Guilford Press.

Manning, S.Y. (2011). *Loving someone with borderline personality disorder*. Guilford Press.

-This book is written for family members of individuals with severe emotion dysregulation. DBT clients themselves also sometimes turn to this book to understand the basics of borderline personality disorder and core DBT concepts.

Mazza, J.J., Dexter-Mazza, E.T., Miller, A.L., Rathus, J.H., & Murphy, H.E. (2016). *DBT skills in schools: Skills training for emotional problem solving for adolescents (DBT STEPS-A)*. Guilford Press.

Miller, A.L. & Rathus, J.H. (2017). *Dialectical behavior therapy with suicidal adolescents*. Guilford Press.

Swenson, C.R. (2016). *DBT principles in action: Acceptance, change, and dialectics*. Guilford Press.