

# **Dialectical Behavioral Therapy & Mindfulness**

**CPSY 590, Fall 2006**

**Saturday 9/9 & 9/30 9a-5p**

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## **Course Description**

This class provides an emphasis on developing a detailed understanding and a foundation of skills of Dialectical Behavioral Therapy (DBT) when working with mental health and substance abuse clients. DBT is an empirically validated approach for working with addictions, dual diagnosis and mental health clients. It is designed to assist clients in establishing emotional regulation, interpersonal effectiveness, distress tolerance and mindfulness skills. This approach was developed by Marsha Linehan, Ph.D. at the University of Washington. DBT assists clinicians in working with challenging clients with suicidal issues, self harm potential and dramatic interpersonal styles. DBT is a therapeutic approach that is compatible with many therapeutic modalities such as CBT, Client Centered and Strength based approaches. This course will explore the theoretical basis for this approach, practice of specific DBT interventions and how to work with challenging clients. This course will have a strong experiential component that will directly apply to clinical work.

## **Course objectives:**

1. Explore basic structure and philosophy of DBT.
2. Critically analyze Marsha Linehan, Ph.D role playing engaging a client in DBT treatment.
3. To develop knowledge and skills about how to utilize DBT with clients
4. To learn and practice the specific techniques of DBT. This will include interpersonal effectiveness, mindfulness, distress tolerance and emotions regulations.
5. Evaluate the role of countertransference in the treatment of challenging clients.
6. Explore the importance of therapist self-care in the DBT treatment process.

## **Required Text:**

Linehan, M.M. (1993). Skills training manual for treating borderline personality disorder. New York: Guildford

## **Americans with Disabilities Act**

Any student who because of a disability requires some special arrangements in order to meet course requirements should contact the instructor as soon as possible to make necessary accommodations.

## **Academic integrity**

Students are expected to abide by all college rules concerning academic integrity. Any violations of these rules will be reported for appropriate disciplinary review.

## **Course Assignments:**

### **Participation (25 points):**

This will be the most important part of your grade. It is expected that you will actively participate through out the days of class. For all of us to get the most out of the class it is necessary that we practice the knowledge and skills we are learning. We will be participating in role plays and discussions about treatment issues.

### **Attendance & Readings (25 points)**

Attendance and completing the readings is also an integral component of the class discussion. Therefore it will be expected that you will attend every class along with being prepared to discuss the readings for that week. Missing more than one hour of class will result in a lower grade. Between the first and second day of class you will read the following chapters in Skills Training Manual: Chapter 1 through Chapters 5

### **Teaching a Skill (50 points)**

In groups of 2-3 students, you will be expected to select a DBT skill. On the second day of class you will teach this skill to the class in a 30 minute presentation. Use the Skills Manual and other resources as your guide. Be creative, make it fun and interesting.

## **Class Schedule for Day 1**

### **Module I (9:00-11:30) Mindfulness Skills**

- a. Audio Clip: **Walking Like Buffalo**
- b. Module I Lecture:
  - ◆ Psychological & behavioral meditations
  - ◆ The importance of staying in the moment
  - ◆ Balancing the reasonable mind & emotional mind to achieve wise mind
- c. Video Clip: **From Chaos to Freedom** Video Series by Marsha Linehan, Ph.D.
- d. Small Group Activity: Using Mindfulness Skills in Your Clinical Work

### **Module II (1:00-2:45) History & Philosophy of DBT**

- a. Module II Lecture:
  - ◆ Biosocial Foundation
  - ◆ Holding the Dialectics
  - ◆ Therapeutic Relationships
- b. Exploring DBT Definitions, Exploring Assumptions & Holding Dialectics Handout
- c. Video Clip: **From Chaos to Freedom** Video Series by Marsha Linehan, Ph.D.
- d. Exploring Therapeutic Relationships Handout
- e. Anti-DBT Tactics & DBT Counselor Characteristics & Skills Handout

### **Module III (3p-5p) Distress Tolerance Skills**

- a. Module III Lecture:
  - ◆ Utilizing crisis survival strategies
  - ◆ Accepting the givens of reality
  - ◆ Building frustration tolerance
- b. Video Clip: **From Chaos to Freedom** Video Series by Marsha Linehan, Ph.D.
- c. Small Group Activity: Using Distress Tolerance Skills in Your Clinical Work

## Class Schedule for Day 2

### Skills Presentation (9:00-10:30)

#### Readings:

Skills Training Manual: Chapters 1-5

- a. Mindfulness Skills Group
- b. Distress Tolerance Small Group
- c. Video Clip: **From Chaos to Freedom** Video Series by Marsha Linehan, Ph.D.

### Module IV (10:45-11:45pm) Emotional Regulation Skills

- a. Module IV Lecture:
  - ◆ Understanding our emotional life
  - ◆ Reducing emotional vulnerability
  - ◆ Learning impulse control
- b. Small Group Activity: Using Distress Tolerance Skills in Your Clinical Work

### Module V (1:15-2pm) Hierarchy of Dialectical Dilemmas

- a. Module VI Lecture:
  - ◆ What to address first in therapy
  - ◆ Addressing therapy interfering behaviors
  - ◆ Building a life worth living
- b. Exploring Hierarchy of Dialectical Dilemmas Handout
- c. DBT Crossword Puzzle

### Module VI (2:15-3:30) Interpersonal Effectiveness Skills

- a. Module VI Lecture
  - ◆ Balance in Relationships
  - ◆ Objective, Relationship & Self-Respect Effectiveness
  - ◆ Relationship Thinking, Assumptions & Agreements
- b. DBT Word Search

### Skills Presentation (3:30-5p)

- a. Emotional Regulations Skills Group
- b. Interpersonal Effectiveness Small Group
- c. Diary Cards
  - ◆ Tracking self destructive impulses and behaviors
  - ◆ Practicing skills are essential
  - ◆ Feedback and coaching

- d. Chain Analysis
  - ◆ Identifying triggers to self harm behavior
  - ◆ Developing strategies to eliminate it
  - ◆ Finding healthy outlets for emotional frustrations
- c. Clinician Self-Care, Managing Countertransference & Importance of Consultation Handout
- d. Implementing DBT