

## **Dialectical Behavioral Therapy**

**Spring 2014**

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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.

### **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:

### Attendance & Participation (25 points):

This will be an important part of your grade. It is expected that you will attend and actively participate throughout the class sessions.. 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 to use DBT with clients

### Clinical Vignette (25 points)

Each student will receive a written clinical vignette. You will respond to the vignette in writing as well. Vignettes will be posted to Moodle during the last class and are due two weeks later. Completed vignettes should be emailed to the professor. These vignettes will ask students to integrate their knowledge DBT by completing the following items:

- Usefulness of DBT areas of emphasis
- Applying 2 skills from each of the skills categories

### Teaching a Skill (50 points)

In small groups, you will be expected to select a DBT skill. Your group will teach this skill to the class in a 15-20 minute presentation. Be creative and have fun with your presentation. Design your psycho-education to appeal to all three learning styles.

## Class Schedule

### Day 1

- a. Overview of DBT
- b. DBT Skills Categories
- c. Meta Skills & Worksheets
- d. Applying DBT to Movie Character
- e. Secondary DBT Skills & Worksheets

### Day 2

- a. Ancillary DBT Skills & Worksheets
- b. Engaging & Retaining Clients
- c. The Middle Path
- d. Teaching & Coaching DBT to Youth & Families
- e. Wise Parenting

### Day 3

- a. Clinical Presentations
- b. Diary Cards
- c. Chain Analysis
- d. Therapy Interfering Behaviors
- e. Discharge Planning