

BEYOND BPD:

INTEGRATING DBT SKILLS INTO COMPREHENSIVE PSYCHOTHERAPY ACROSS
AGES AND SETTINGS

Presented by Danah Williams, M.A., LMFT

ABOUT ME

Danah Williams, MA, LMFT is a licensed psychotherapist with a Master's Degree in Clinical Psychology and a Bachelor's Degree in Organizational Psychology. Mrs. Williams has over 15 years of direct patient care implementing Dialectical Behavior Therapy across varied therapeutic settings. Recognizing the versatility of DBT, Mrs. Williams advocates for its broader application beyond BPD, helping therapists adapt its tenets for clients of all ages. Mrs. Williams is Past President 2020-2021 at California Association of Marriage and Family Therapists and Santa Barbara CAMFT. She resides in Santa Barbara, CA with her spouse and vibrant toddler.

**“PEOPLE DON’T BUY WHAT YOU DO; THEY
BUY WHY YOU DO IT. AND WHAT YOU DO
SIMPLY PROVES WHAT YOU BELIEVE.”**

SIMON SINEK

LEARNING OBJECTIVES

- Gain a foundational understanding of the core principles of DBT.
- Understand some practical applications of DBT beyond BPD.
- Explore DBT skills suitable for children, adolescents, adults, mature adults, couples, and families.
- Recognize the adaptability of DBT across varied clinical settings and its potential benefits.
- Discuss the integration of DBT strategies into mainstream therapeutic practices.

TURNING THE TABLES - *SHARE YOUR WHY*

BREAK OUT GROUPS

In virtual groups of 4-6 people, have each member answer question #1 FIRST.

Once everyone has answered question #1, then move on to question #2.

After everyone has answered question #2, then move on to question #3.

QUESTIONS

- 1) Introduce Yourself (Name, License Type & Clinical Setting, Geographic Location)
- 2) How did you discover DBT? What's *your* why?
- 3) What's one thing you're hoping to come away with today?

****Bonus: If your group has time remaining, work together to create a group name. (Eg. "Group 0: The Monarchs")***

THE ORIGIN AND EVOLUTION OF DBT

BRIEF OVERVIEW OF DBT'S INCEPTION

- **Developed in the Late 1980s:** DBT was created by Dr. Marsha Linehan during this period.
- **Initial Purpose:** Originally designed to treat Borderline Personality Disorder (BPD).
- **Characteristics of BPD:** BPD is known for intense emotional instability, impulsivity, and frequent self-harmful behaviors.
- **Inspiration Behind DBT:** Dr. Linehan's own experiences, combined with extensive research, led to the development of DBT.
- **Addressing Complex Symptoms:** DBT was tailored to manage the challenging symptoms associated with BPD.

KEY FIGURES & MILESTONES IN DBT'S DEVELOPMENT

- **Cognitive-Behavioral Therapy as a Foundation:** DBT builds upon the principles of cognitive-behavioral therapy.
- **Dr. Marsha Linehan's Contribution:** Developed DBT by integrating acceptance and change strategies.
- **Balance of Acceptance and Change:** This approach proved more effective for severe emotional dysregulation.
- **Evidence Through Clinical Trials:** DBT's evolution and efficacy backed by numerous clinical studies.
- **Reduction in Negative Behaviors:** Notably effective in decreasing self-harm and suicidal behaviors in BPD patients.
- **Improvement in Overall Functioning:** Demonstrated enhanced patient functioning and emotional regulation.

DBT'S EVOLUTION BEYOND INITIAL FOCUS

- **Beyond BPD:** DBT extended to treat a variety of mental health disorders.
- **Applicability to Other Disorders:** Effective in treating substance abuse, eating disorders, depression, and PTSD.
- **Core Skills of DBT:** Includes mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
- **Universal Application:** DBT's skills are broadly applicable across different psychological conditions.
- **Versatility in Treatment:** Recognized as a versatile and adaptive tool in mental health therapy.
- **Dynamic Nature of DBT:** Illustrates the adaptability and growth of psychological therapies to meet diverse needs.
- **Responding to Emerging Needs:** DBT's journey reflects its responsiveness to evolving research and clinical findings.

READY, SET, POLL!

FUNDAMENTAL TENETS OF DBT

CORE PRINCIPLES AND TECHNIQUES OF DBT

- **Synthesis of Approaches:**
 - Combines dialectical philosophy, cognitive-behavioral techniques, and mindfulness practices.
- **Dialectical Philosophy:**
 - Focuses on accepting patients as they are while encouraging positive change.
 - Rooted in 'dialectics' - the balance between acceptance and change.
- **Four Primary Skill Sets:**
 - **Mindfulness:**
 - Teaches being present in the moment.
 - Essential for managing intense emotions.
 - **Distress Tolerance:**
 - Skills for surviving crisis situations without exacerbating them.
 - **Emotion Regulation:**
 - Identifying and managing painful or problematic emotions.
 - **Interpersonal Effectiveness:**
 - Enhances communication, assertiveness, and relationship-building.

THEORETICAL UNDERPINNINGS OF DBT

- **Integration of Approaches:**
 - Merges cognitive-behavioral techniques with Eastern meditative practices.
- **Cognitive-Behavioral Techniques:**
 - Aimed at addressing and modifying maladaptive thinking patterns and behaviors.
 - Focus on the relationship between thoughts, emotions, and actions.
- **Influence of Eastern Practices:**
 - Incorporates mindfulness and acceptance strategies.
 - Encourages patients to experience emotions in a fully present and non-judgmental way.
- **Synergy of Approaches:**
 - This integration creates a holistic treatment approach.
 - Balances active problem-solving with mindful acceptance.

DISTINCTIVE ASPECTS OF DBT

- **Unique Focus on Balance:**
 - Emphasizes balancing acceptance with the need for change.
 - Different from therapies primarily focused on insight and understanding.
- **Skill-Building Emphasis:**
 - Prioritizes developing skills to manage emotional distress.
 - Aims to improve interpersonal relationships through practical techniques.
- **Structured Group Therapy Format:**
 - Skills taught in a classroom-like setting, promoting learning and application.
 - Complemented by individual therapy sessions and phone coaching for support.
- **Comprehensive and Versatile Framework:**
 - Integrates both acceptance strategies and proactive change tactics.
 - Effective for a wide range of psychological issues beyond BPD.

GET CHATTY - OR IN BREAK OUTS

- What has been a primary challenge for you in integrating DBT skills training into your clinical work across ages and settings?

GET CHATTY

Rejoin your breakout group and discuss your responses to the prompt below:

“What challenges have encountered integrating DBT skills training into your clinical work across ages and settings?”

Identify one member of your group to take notes and summarize your responses when we return to the full session.

EXPANDING THE HORIZON: DBT RELEVANCE BEYOND BPD

DBT'S APPLICATION IN VARIED PSYCHOLOGICAL DISORDERS

- **Beyond Borderline Personality Disorder (BPD):**
 - DBT's principles and techniques extend well beyond its original use in BPD.
- **Adapted for Diverse Conditions:**
 - Effectively treats a range of mental health issues, including:
 - Substance abuse issues
 - Eating disorders
 - Depression
 - Post-Traumatic Stress Disorder (PTSD)
- **Universally Useful Skills:**
 - Core DBT skills like mindfulness and distress tolerance are broadly applicable.
 - Helps individuals across various conditions manage emotional dysregulation.
- **Improving Quality of Life:**
 - Aims to enhance overall life quality through emotional and behavioral regulation.

DBT'S EFFECTIVENESS IN DIVERSE CONDITIONS (P1)

- **Substance Abuse Treatment:**
 - DBT aids in reducing cravings and impulsive behaviors.
 - Helps individuals develop coping strategies for long-term sobriety.
- **Eating Disorders:**
 - Effective in managing emotions and behaviors related to eating disorders like bulimia and binge eating.
 - Encourages healthy emotional processing and self-acceptance.
- **Treating Depression:**
 - Assists in overcoming negative thought patterns and behaviors associated with depression.
 - Enhances mood regulation and resilience against depressive symptoms.
- **Addressing PTSD:**
 - Helps individuals with PTSD process traumatic experiences and develop coping mechanisms.
 - Focuses on emotional regulation and distress tolerance in trauma recovery.
- **Anxiety Disorders:**
 - Teaches skills to manage anxiety symptoms, including mindfulness and stress tolerance.
 - Aids in reducing avoidance behaviors and increasing emotional awareness.

DBT'S EFFECTIVENESS IN DIVERSE CONDITIONS (P2)

- **Adolescent Behavioral Issues:**
 - Effective in addressing emotional dysregulation and impulsive behaviors in adolescents.
 - Promotes healthy communication and relationship-building skills in youth.
- **Application in School Settings:**
 - DBT skills are being integrated into school curricula to improve student well-being and conflict resolution.
- **Application in Hospital Settings:**
 - Utilized in psychiatric units for crisis intervention and emotional regulation.
 - Supports patients in developing coping skills during acute mental health episodes.

DBT'S EFFECTIVENESS IN DIVERSE CONDITIONS (P3)

- **Effectiveness with Couples and Families:**
 - Enhances communication and problem-solving skills in relationships.
 - Helps in managing shared emotional challenges and improving relational dynamics.
- **Targeting Maladaptive Behavior Across Ages:**
 - Effective in modifying negative behaviors in individuals of all ages.
 - Adaptable approach to suit different developmental stages and life challenges.
- **Enhancing Parenting Skills:**
 - Aids parents in adopting effective strategies for emotion regulation and stress tolerance.
 - Improves parent-child communication and fosters a nurturing environment.

BROADER IMPLICATIONS OF DBT IN THERAPY AND WELLNESS

- **Holistic and Patient-Centered Approach:**
 - DBT's mindfulness and acceptance strategies have influenced mental health treatments to be more holistic.
 - Encourages focusing on the patient as a whole, rather than just symptoms.
- **Beyond Therapeutic Settings:**
 - Skills developed in DBT extend to everyday life.
 - Enhances emotional resilience and strengthens interpersonal relationships.
- **Versatile Integration:**
 - DBT is integrated into various environments:
 - Educational settings (schools)
 - Medical settings (hospitals)
 - Community mental health centers
- **DBT's Flexibility and Effectiveness:**
 - Proven effective beyond its initial use in BPD.
 - Offers valuable tools for a wide spectrum of emotional and psychological challenges.
- **Universal Application:**
 - Useful not just for specific diagnoses but for anyone aiming to improve emotional well-being.

DBT SKILLS: ESSENTIAL TOOLS FOR CLINICAL INTEGRATION

Key DBT Skills for Clinical Practice:

- **Chain Analysis:** In-depth exploration of behavioral incidents to understand and change behavior.
- **Diary Cards:** Tracking emotions, behaviors, and skills used, facilitating self-awareness and discussion.
- **DEAR MAN:** Technique for assertive communication, focusing on objective effectiveness.
- **Mindfulness (Chocolate Exercise):** Practice of engaging fully with the present moment, using a simple activity like eating chocolate.
- **DBT States of Mind:** Understanding and balancing emotional and rational minds to achieve wise mind.
- **Cope Ahead Strategy:** Preparing for potential emotional situations to better handle them.
- **Progressive Muscle Relaxation:** Technique to reduce physical tension and stress.
- **GIVE:** Skills for maintaining relationships through gentle, interested, validating, and easy manner.
- **Pleasurable Events:** Encouraging engagement in enjoyable activities to improve mood and motivation.
- **Biosocial Theory:** Framework for understanding the interaction between biological and social factors in emotional vulnerability.

RECOMMENDED RESOURCES FOR FURTHER LEARNING

- **DBT Skills Training Manual, Second Edition**
 - By Marsha M. Linehan
 - An essential resource for understanding and implementing DBT, providing comprehensive coverage of all aspects of DBT training.
- **Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others**
 - By Jennifer Solin and Christina L. Kress
 - Offers practical exercises and techniques to help children learn emotional regulation skills.
- **Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others**
 - By Sheri van Dijk
 - A workbook designed specifically for teens, providing strategies to help manage emotions and improve relationships.
- **DBT Skills Training Handouts and Worksheets, Second Edition**
 - By Marsha M. Linehan
 - Contains all the handouts and worksheets discussed in the DBT Skills Training Manual, essential for anyone undergoing DBT.
- **The High Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation**
 - By Alan E. Fruzzetti
 - Guides couples through using DBT to manage conflicts, offering strategies for improving communication and strengthening their relationship.

LET'S DIVE INTO YOUR QUESTIONS

Please submit your questions via the live chat feature. I am excited to hear from you!

THANK YOU

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