



## Dialectical Behavior Therapy

CBT for a life worth living

# + Objectives

- This presentation will address ways to use two effective evidence based practices - Motivational Interviewing (MI) and Dialectical Behavioral Therapy (DBT) - in a manner that builds on the strengths of both approaches, and provides effective care for challenging behavioral health and substance use issues.
- Presenter will review the approaches of both models and discuss the commonalities between the approaches
- Attendees will practice to application of skills in a sample vignette
- The presentation will finish with a discussion of MI and DBT treatment integrity tools and processes, ways to potentially integrate the two approaches, and next steps for using the models together.





# What does Dialectical Behavior Therapy Mean?



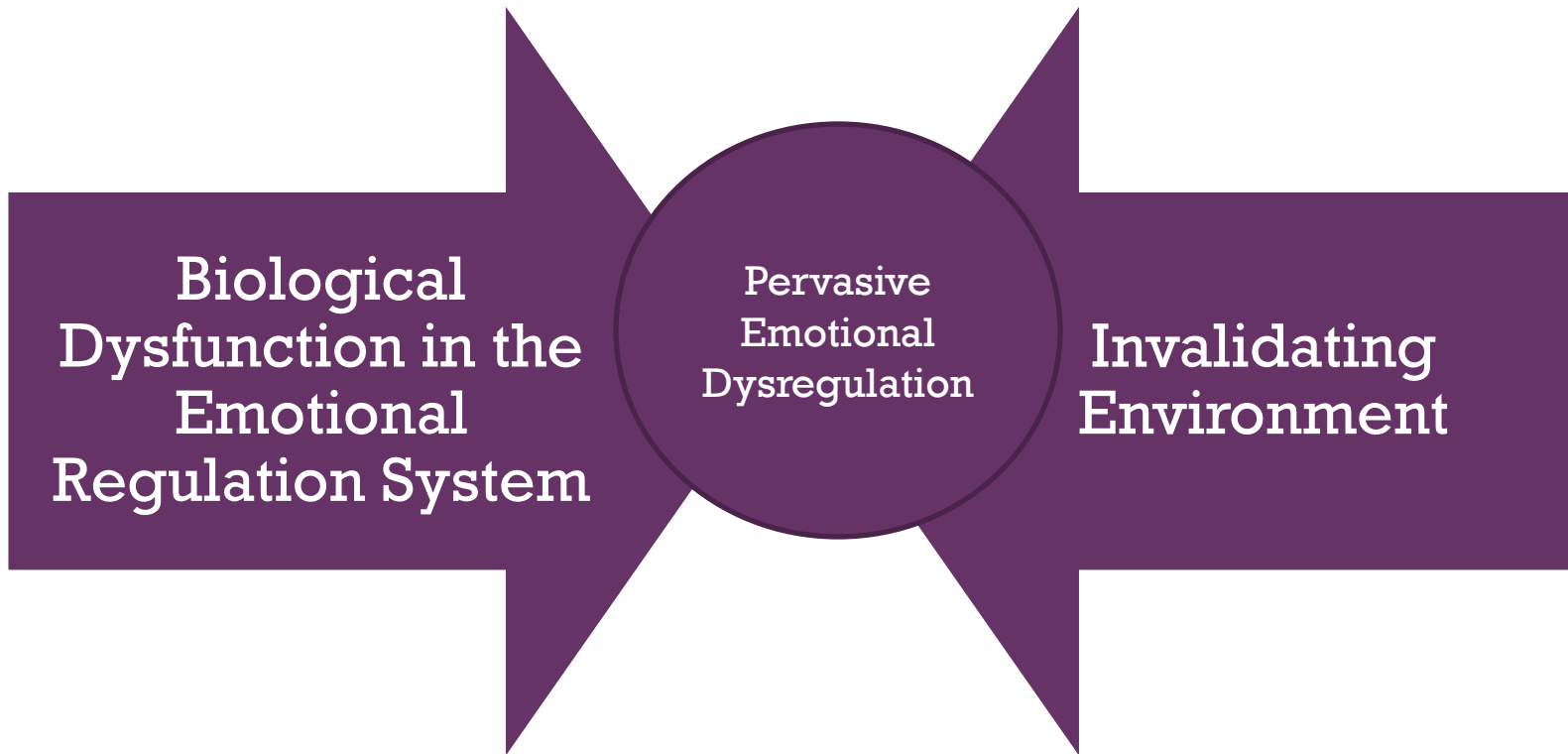
- “Dialectic” in the context of this therapeutic approach, means “weighing and integrating contradictory facts or ideas with a view to resolving apparent contradictions”.
- DBT therapists work to balance change interventions with acceptance interventions. It is this balance between change and acceptance that forms the fundamental “dialectic” in treatment.

# + What does Dialectical Behavior Therapy Mean?

- The DBT therapist works to help the client integrate both passionate feelings and logical thoughts. Other dialectics? Balancing the feelings and needs of others with our own feelings and needs...Balancing work and play....

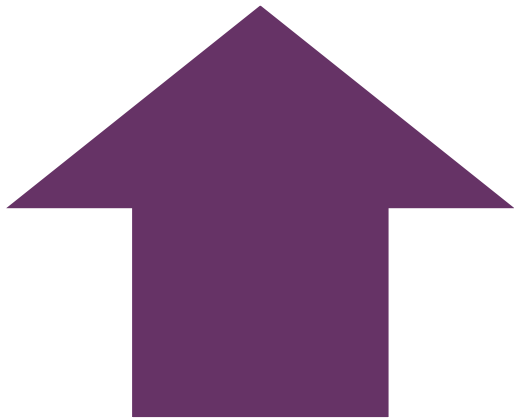
*What are some other dialectics?*

# + Biosocial Theory of BPD

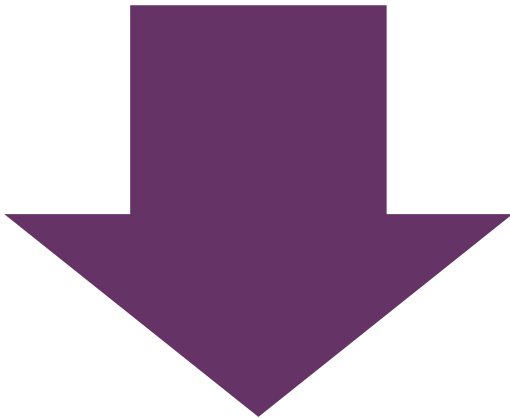


Linehan, 1993

# + Emotional Dysregulation



**Emotional  
Vulnerability**



**Ability to  
Modulate  
Emotions**

# + Emotional Vulnerability



- ▶ High sensitivity
  - Immediate reactions
  - Low threshold for emotional reaction
  
- ▶ High reactivity
  - Extreme reactions
  - High arousal dysregulates cognitive processing
  
- ▶ Slow return to baseline
  - Long-lasting reaction
  - Contributes to high sensitivity to next emotional stimulus

**Linehan, 1993**

# + Standard DBT is....



- Flexible
- Comprehensive
- Principle Driven





# The Three Fundamentals of DBT



## 1. **Cognitive Behavioral Therapy**

- Learning new behaviors is critical in DBT and is the function of each individual, group or phone coaching session.
- Clients are expected to maintain diary cards to track their problem behaviors and skills used.
- Clients attend skills groups, complete homework assignments and role-play new way of interacting with people.
- They review with therapist how they have been rewarded for maladaptive behavior or punished for adaptive behavior.

**Linehan, 1993**

# + Three Fundamentals of DBT, continued



## **Cognitive, continued**

- Clients expose themselves to feelings, thoughts or situations that they have feared and avoided.
- Clients change self-destructive ways of thinking.
- **The four change strategies in clinical terms: Skills Training, Exposure Therapy, Cognitive Therapy, and Contingency Management.**

**Linehan, 1993**

# + Three Fundamentals of DBT

## 2. Validation (Acceptance)

- Validation is not necessarily therapist agreement with the client, but being aware of the client's point of view and showing empathy toward his worldview.
- Stay alert to the person – being respectful to what she is saying, feeling and doing.
- Assume that client's behavior makes perfect sense (even though there can be other options that have less negative consequences); this is about treating the client as an equal instead of as a frail mental patient.

# + Three Fundamentals of DBT



## 3. Dialectics

- Everything is connected to everything else.
- Change is constant and inevitable.
- Opposites can be integrated to form a closer approximation to the truth (which is always evolving).

# Motivational Interviewing: What is it?

- **Motivational Interviewing** is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. (Miller and Rollnick, 2013, p. 29)

# Motivational Interviewing is a **GUIDING** approach



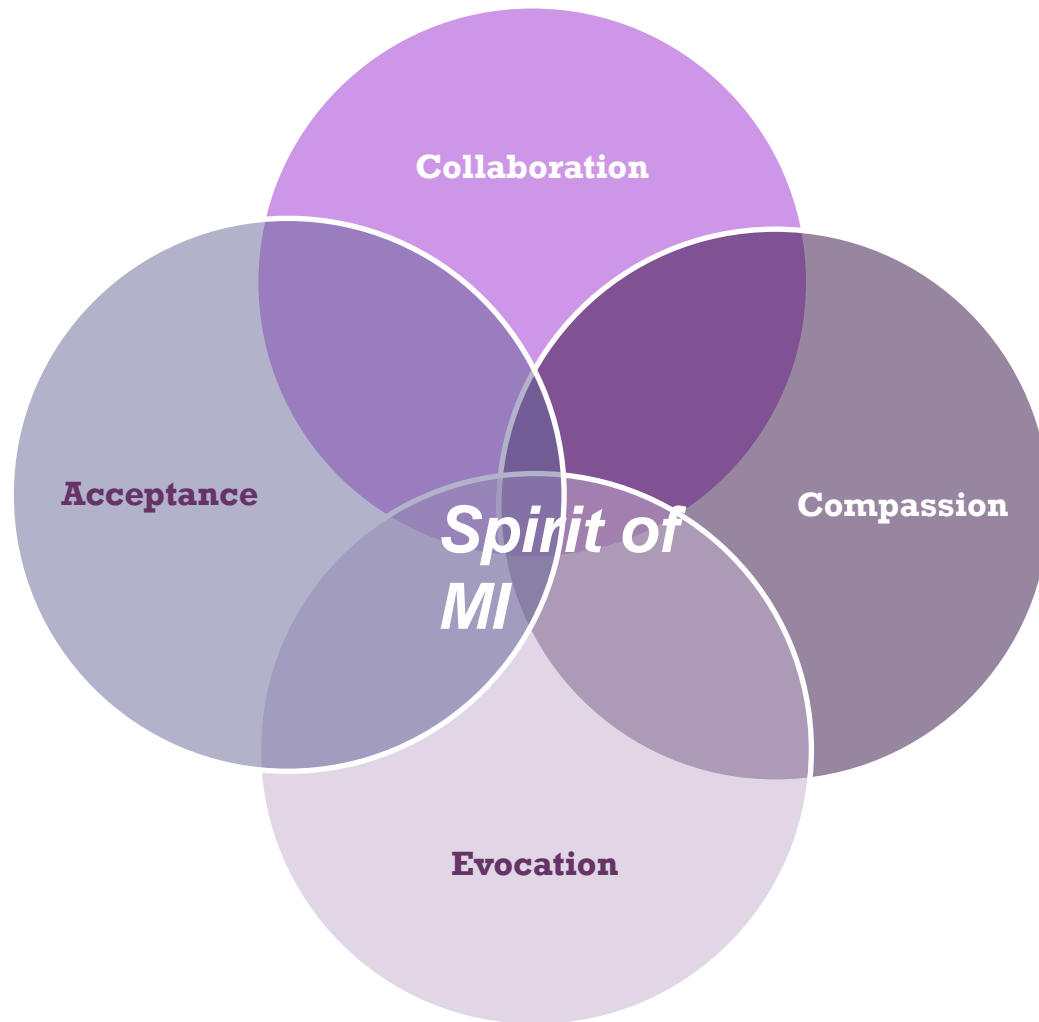
Directing – CBT,  
BT, Dr. Phil

**Motivational Interviewing**  
**Solution Focused**

Following –  
Rogerian,  
Psychodynamic

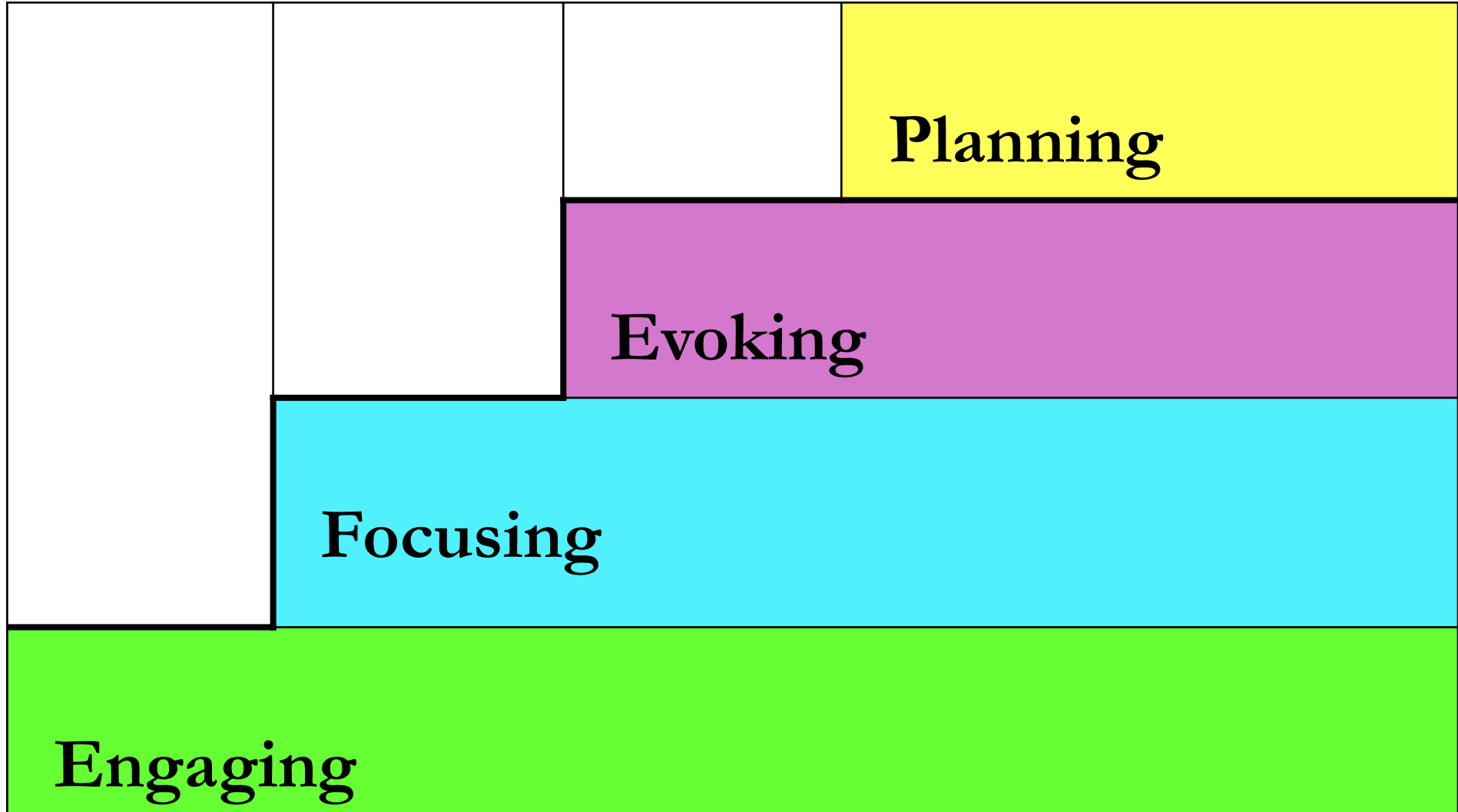


Miller and Rollnick, 2013



**The Basic Principles Underlying the Spirit of MI**

# Four Foundational Processes



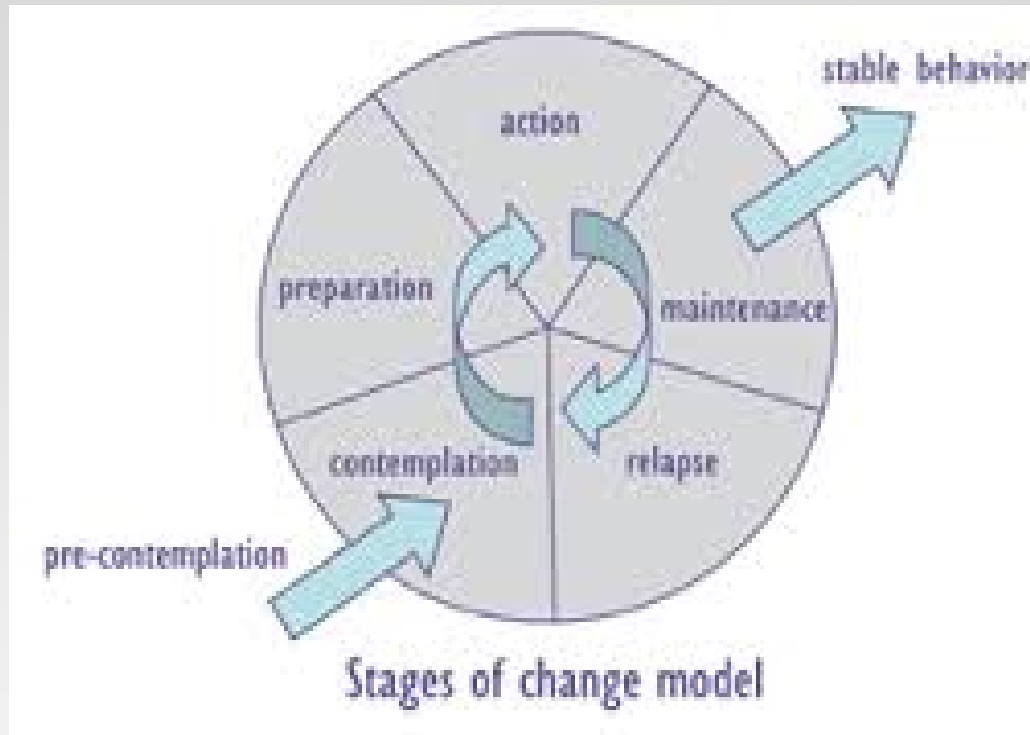
Miller and Rollnick, 2013



## The Four Processes

- **Engaging** – Process of establishing a helpful connection and working relationship.
- **Focusing** – Process in which you become more specific about what is the topic of change, and a direction is maintained when moving toward that direction.
- **Evoking** – Process about eliciting the client's own motivations for change and lies at the heart of MI.
- **Planning** - Process is both establishing a commitment to change and a specific, concrete plan of action. (M and R, P. 36)

Where are you seeing connections?  
How might these approached be  
used together?



(Prochaska, Norcross & DiClemente, 2007)

# Application of Skills

Using vignette provided, consider the following:

- Where Might You Use Motivational Interviewing?
- Where Might You Use DBT?
- How might the approaches compliment each other?
- How might they be in conflict?
  - How might you resolve such conflicts?

# Issues of the Hybrid Approach

- One EPA + One EPA DOES NOT necessarily = an EBP
- Need carefully controlled and replicated research with combined approach
- What works when?
- How does a practitioner trained in these approaches naturally blend the work?
- What are the next steps?

# + Resources



- [Behavioraltech.org](http://Behavioraltech.org) – For new and upcoming DBT training
- [Dbtselfhelp.com](http://Dbtselfhelp.com) – Consumer-operated website with helpful handouts and well-written, assessable summaries of DBT theories and practice. Also has some useful articles on DBT and Borderline Personality Disorder
- [Motivationalinterviewing.org](http://Motivationalinterviewing.org)

# + References



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

Miller, W.R. and Rollnick.S. (2013). *Motivational interviewing: Helping people change*. New York: Guilford.

Prochaska, J.O., Norcross, J.C., and DiClemente, C.C. (2007). *Changing for good*. New York: William Morrow. (Original work published 1994).