Dialectical Behavior Therapy (DBT) Strategies in Brief Interventions

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Disclosures

• Dr. Hunter is paid for the following

  • Providing direct DBT services with
  • Teaching and training in DBT

    • Dorian Hunter, LLC (owner)
    • The Seattle Clinic (member)
    • The DBT Center of Tacoma (in development) (co-owner, co-founder)
    • Treatment Implementation Collaborative (consultant)

• She also teaches and trains with the University of Washington departments of psychology and psychiatry, and has a faculty appointment
The Plan

Why DBT
Structure
Dialectics
Validation
Skills

Acceptance
Change
Why DBT?

- Chronically suicidal (comprehensive DBT)
  - Impulsive
  - Multi-problem
  - Not actively psychotic

EMOTION DYSREGULATION IS THE CORE PROBLEM
Overview of Comprehensive DBT

STRUCTURE

• Functions and Modes
• Stages
• Targets
Functions and Modes
Skills Training (weekly, 2-2.5 hours)

Improving Motivation
- Individual therapy (weekly, 1 hour)

Assuring Generalization
- Phone coaching

Enhance and improve Therapist capabilities and motivation
- Consultation team

Structuring the Environment
- Multifamily skills training
- Sometimes family therapy, case management
Stages
STAGE 1: Behavioral control

STAGE 2: Emotional experiencing

STAGE 3: Self-respect, individual goals

STAGE 4: Freedom and joy
Targets

**individual therapy**
- Life Threatening
- Therapy Interfering
- Quality of Life Interfering
- Behavioral Skills

**Skills training**
- Therapy Destroying Behaviors
- Behavioral Skills
- Therapy Interfering Behaviors
Dialectics

Yes, AND!

-- all things are connected
-- all things are independent and interdependent
-- we are changed by our interactions
-- nature AND nurture
Sometimes we fall too hard on the side of change
For clinician (or client): How to Validate

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be AWAKE</td>
<td>REFLECT</td>
<td>MINDREAD</td>
<td>HISTORY or BIOLOGY</td>
<td>NORMALIZING</td>
<td>Be GENUINE</td>
</tr>
<tr>
<td>- Listen</td>
<td>- Restate</td>
<td>- Guess at what is being unsaid</td>
<td>- Behavior is understandable given --- life experience --- physiology</td>
<td>- What anyone would experience</td>
<td>- Don’t condescend, fragilize, be too rule bound</td>
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<tr>
<td>- Communicate verbally and non-verbally that you understand</td>
<td>- Do no parrot, but stay pretty close</td>
<td>- Be willing to be wrong</td>
<td>-</td>
<td></td>
<td>- Be you AND be professional</td>
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What about the skills?
DBT as a collection of brief interventions
For client (or clinician): Getting through crisis (without making it worse!)

In Distress Tolerance Module: Crisis Survival Skills: TIP: Paced Breathing

In Emotion Regulation: Opposite Action
Questions?

Get in touch

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