

DBT

With Adolescents and Their Families

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THE 5 SKILL SETS FOR DBT

- 1) Mindfulness
- 2) Distress Tolerance
- 3) Emotional Regulation
- 4) Interpersonal Relationships
- 5) The Middle Path

WHY DBT

- 1) Developmental Reasons
- 2) Emotional Reasons
- 3) Focusing Reasons
- 4) Skills
- 5) Calming Down
- 6) Getting Through Difficulties

INTEGRATION OF DBT WITH OTHER MODELS

- 1) CBT
- 2) Family Systems
- 3) Solution Focused
- 4) ACT
- 5) Psychodynamic

ACTUALLY
INTEGRATION IS
PERFERRED!!!



Avoid all or nothing intervention in all
psychotherapies flexibility is the goal!!

DBT is not a cult it has limitations.
Should not be used for:

1. Psychotic clients
2. Alcohol + drug intoxicated clients
3. Violent clients – out-of-control
4. Below moderate MR IQ Levels

USEFUL FOR THERAPISTS IN
THEIR OWN LIVES.



DBT

TRADITIONALLY IS A TEAM APPROACH
AND DOES NOT HAVE TO BE



EASILY COMBINED AND INTEGRATED
WITH OTHER MODELS.



SKILLS REQUIRE CONSISTENT
PRACTICE AND DISCUSSION TO BE
EFFECTIVE.



MAJOR GOAL FOR DBT IS TO FIND
WHAT IS EFFECTIVE VERSUS NOT
EFFECTIVE IN CHANGE PROCESSES.

RAPPORT WITH THE FAMILIES IS
EQUALLY IMPORTANT AND THEY NEED
TO WORK ON SKILLS ALSO AND KNOW
WHAT SKILLS THE ADOLESCENT IS
WORKING ON.

Traditional DBT with a team who meets once a week, the client has an individual therapist, a skills group therapist and one phone call per week with the individual therapist to focus on skills. Clients may also have MD or PNP and also a family therapist.

This model is still important for clients with severe BPD

WITH ADOLESCENTS WE WORK TO
ENGAGE THEM AND MOST
IMPORTANTLY, VALIDATE THEM.



TO VALIDATE DOES NOT MEAN TO AGREE OR
LIKE OR PROMOTE, IT MEANS WE
UNDERSTAND AND ACKNOWLEDGE WITH
EMPHATHY TO CLIENTS VIEW POINTS,
FEELINGS AND PERCEPTIONS.

Once we have an alliance with the adolescent, the skills can be taught and practiced.

DBT can be integrated now with other models and with many populations with varied problems.

SKILL AREAS

MINDFULNESS

DISTRESS
TOLERANCE
SKILLS

EMOTIONAL
REGULATION

INTERPERSONAL
RELATIONSHIP

THE MIDDLE PATH

MINDFULNESS SKILLS

- 1) BREATHING
- 2) Use of senses
- 3) Concepts-Wise mind, reasonable mind, emotional mind
- 4) Accepts
 - ❖ Motivation
 - ❖ Contributing
 - ❖ Emotions
 - ❖ Pushing Away
 - ❖ Thoughts
 - ❖ Sensations

(cont'd)

MINDFULNESS SKILLS

- 6) Yoga
- 7) Meditation
- 8) Guided Imagery
- 9) Trance Hypnosis
- 10) Non-judgmental
- 11) Observe
- 12) Participate
- 13) Letting Go

DISTRESS TOLERANCE SKILLS

- 1) Turtleling
- 2) Riding the waves
- 3) One moment at a time
- 4) One thing at a time
- 5) Time-out/breaks
- 6) Survival/Maturing kit
- 7) I matter
- 8) Coping skills
- 9) Stress management skills
- 10) Take care of self

(CONT'D)

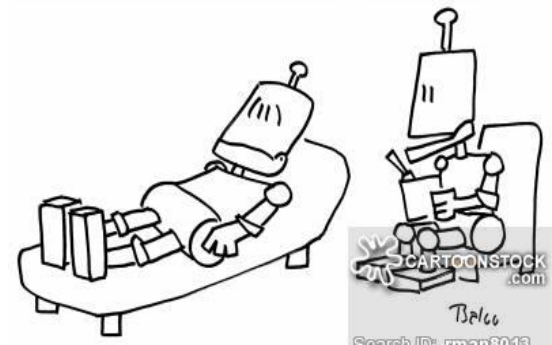
DISTRESS TOLERANCE SKILLS

- 11) Relaxation skills
- 12) Exercise
- 13) Massage
- 14) Hobby
- 15) Therapy
- 16) Get support from others
- 17) Time off/vacation
- 18) Pets
- 19) Plants
- 20) Affirmations about yourself

Therapists need to be:

- Flexible
- Validating
- Engaged
- Active

When working with adolescents



When possible teach family members the same skills as the adolescent. And some family members may need their own skill sets.

EMOTIONAL REGULATION SKILLS

- 1) Breathing
- 2) Distraction
- 3) Wise mind
- 4) Journaling
- 5) Breaks
- 6) 1,2,3
- 7) Talking with someone
- 8) Doing the opposite
- 9) Turning your mind

(CONT'D)

EMOTIONAL REGULATION SKILLS

- 10) I can do this!
- 11) Visualization
- 12) Being Effective!
- 13) I will not be self or other destructive!
- 14) Stress ball
- 15) Choice of responses or choose your battles
- 16) De-escalation
- 17) Movement
- 18) Music

(CONT'D)

EMOTIONAL REGULATION SKILLS

- 19) Exercise
- 20) Hobby
- 21) Phone call to therapist
- 22) Walking away
- 23) Making amends
- 24) Do not step to the other's level
- 25) Valuing yourself!
- 26) Pros & cons
- 27) 180 or 360 turn

INTERPERSONAL RELATIONSHIPS.,SKILLS

- 1) Shades of Gray
- 2) Boundaries
- 3) Tolerance
- 4) Apologize once or twice
- 5) Respect for self
- 6) Mindful attention
- 7) Modulate intensity
- 8) And or how
- 9) Listening skills

(CONT'D)

INTERPERSONAL RELATIONSHIPS.,SKILLS

- 10) Negotiation
- 11) Problem solve, look for solutions
- 12) Know what you want
- 13) Asking for what you want
- 14) Getting information
- 15) Saying no
- 16) Taking care of yourself
- 17) Respecting your values
- 18) Ask for help

(CONT'D)

INTERPERSONAL RELATIONSHIPS.,SKILLS

- 19) Moment to pause
- 20) Both persons can be right
- 21) Agree to disagree
- 22) Half-smile
- 23) GIVE

G = Gentle

I = Interested

V = Validate

E = Easy Manner

FAST

F = Fair to self

A = Apologize less

S = Stick to values

T = Be truthful

REGULATE TIME



DEAR WOMAN

❖ D = Describe what is wanted

❖ E = Encourage others to help

❖ A = Ask for what is wanted

❖ R = Reinforce others

❖ W = Willingness to tolerate, not
always getting my way

❖ O = Observe what is going on
inside and around me

❖ M = Mindfully present in the
current moment

❖ A = Appear confident

❖ N = Negotiate with other

DEAR MAN

❖ D = Describe

❖ E = Express

❖ A = Assert

❖ R = Reward

❖ M = Mindful

❖ A = Confident

❖ N = Negotiate

THE MIDDLE PATH



CUTTING + SUICIDE + NON-SUICIDAL SELF-INJURY

CHAIN ANALYSIS

DAIRY CARDS



THERAPIST



Get Support

Take Care of Self

Skills

Education

The End

...that's
all
folks...