

DBT for the Treatment of  
Emotion Dysregulation: Theory,  
Techniques, and Updates

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Disclosures

- I have no financial or other conflicts to disclose
- I do not benefit financially from the information I will be sharing nor do I have any conflicts of interest to disclose

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Learning Objectives

- Objective #1: Describe the basic theory and techniques of Dialectical Behavior Therapy (DBT) and its relevance for disorders of emotion regulation.
- Objective #2: List key updates between 1993 DBT skills manual and updated 2014 skills manual.
- Objective #3: Describe how to use DBT Skills Training as stand-alone treatment to help patients with emotion regulation issues reach treatment goals.

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### Major Changes

- 1) Longer
  - 329 pages (was 180 pages, including teaching notes)
- 2) More concrete Skills
  - Ideas for Observing, Describing, Participate, Wise Mind
- Expanded General Handouts
  - How to chain, pros and cons, missing links analysis, assumptions of Skills Training
- 3) Middle Path Module
  - Dialectics Validation, Problem Solving
- 4) When Crisis is Addiction Skills
  - Addresses behavioral addictions

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### Major Changes

- Quizzes to check skill understanding
- PDF format; reproducible handouts and worksheets

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### Section Overview

- Each Module starts with Overview/Goal of Module Skills
  - Pages 30, 88, 167, 266
- These Handouts can be skipped AND provide good summary of Skills to be taught

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### General Handouts

- Personalized Goals
- Options for Solving Any problem
  - Solve
  - Feel Better
  - Accept/Tolerate
  - Stay Miserable
- Skills Training Assumptions
- Biosocial Theory
- Chain Analysis
- Missing Links Analysis

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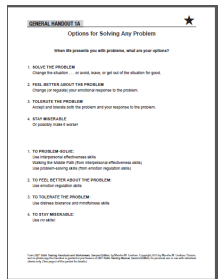
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### Mindfulness

- Now (57 pages; 27-84)
- Better Defined
- Examples of skills
  - Ways to Practice What: Observing, Describing, Participating
  - Ways to Practice How Skills: Non-Judgmentally, One-Mindfully, Effectively
  - Ways to Practice Wise Mind

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### Distress Tolerance

- Now (80 pages; 86- 166;)
- Guided Paired Muscle Relaxation
  - Body Scan
- Includes Supplemental handouts
  - When Crisis is Addition
    - Harm Reduction + 100% Abstinence
    - Dialectical Abstinence, Clear Mind, Burring Bridges/Building New Ones, Alternative rebellion/adaptive denial
  - Can be adapted for eating Disorders, Substance Abuse, Computer Addiction, Sexual Addiction

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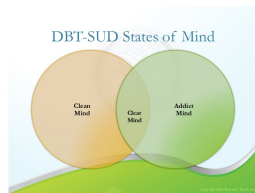
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### When Crisis is Addiction:Path to Clear Mind



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### Emotion Regulation

- Now ( 93 pages; pg 167- 260)
- ACT-like handouts on values and Goals
- Action Plans; 6 Step values to Goals (pg. 246-247)

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### Emotion Regulation

- 7 Step problem Solving
- Review of Opposite Action & Problem Solving
- Values and Priorities
- Cope Ahead
- Sleep Hygiene/Nightmare Rescripting
  - Stand Alone protocols
- Troubleshooting
  - When Skills not Effective
- Check the Facts

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### Interpersonal Effectiveness

- Now (68 pages; pages 261-329)
- DEAR MAN; GIVE; FAST
- Starting New Relationships/Ending Destructive Relationships
- Greater detail on Validation
  - 6 Levels
    - Self and Others

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### Middle Path

- Skills embedded in Mindfulness, Interpersonal Effectiveness, Emotion regulation
  - Dialectics
    - Synthesizing Opposites
      - Emotion Mind + Reasonable Mind = Wise Mind
      - Addict Mind + Clean Mind = Clear Mind
  - Validation
    - Self and others
  - Problem Solving
    - Reinforcement
      - Positive and Negative Reinforcement
      - Behavior shaping
    - Chain/Solution Analysis
      - Understanding episodic problematic behavior
  - Missing Links analysis
    - Task Analysis: How to Solve Problems

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