

# Dialectical Behaviour Therapy (DBT) Informed Interventions for Borderline Personality Disorder (BPD)

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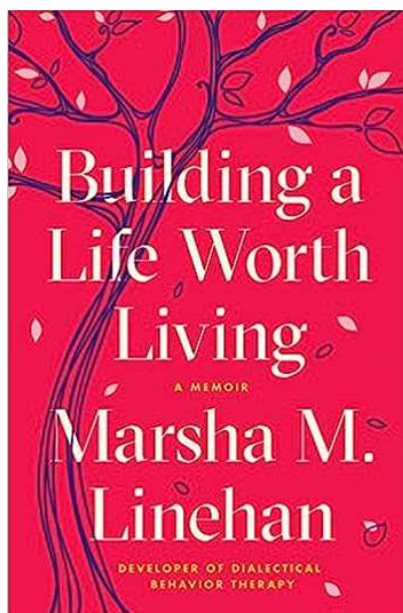
# DBT Informed Practice Roadmap

- When doing DBT be guided by:
  - DBT Theory
  - DBT Principles and functions
  - The DBT therapeutic stance
  - DBT Treatment structure
  - The use of DBT modes
  - A shared commitment to working on agreed upon treatment targets with your client





## Overarching goal of DBT: “Building a life worth living”



- “It is hard to be happy without a life worth living. This is a fundamental tenet of DBT. Of course, all lives are worth living in reality. No life is not worth living. But what is important is that you experience your life as worth living – one that is satisfying, and one that brings happiness.”
- — [Marsha M. Linehan](#)



## Origins of DBT

- Linehan created DBT in the 1990's as the first evidence based treatment for chronically suicidal women who did not respond to traditional therapies
- DBT has evolved into a treatment for multi-problem, high risk, hard to engage clients with core emotional dysregulation e.g. eating disorders, Alcohol and Other Drugs



## An Effective treatment for BPD

- DBT and is shown to:
  - Reduce crisis presentations
  - Reduce inpatient days
  - Less & less severe para-suicidal and suicidal behaviours
  - Greater treatment retention
  - Better social adjustment and pro social behaviour
  - Less anger, less extreme emotions, better emotion regulation





# What the Heck is DBT



<https://www.youtube.com/watch?v=Stz--d17ID4>



# How does DBT work in a nutshell

- DBT conceptualises **chronic emotion dysregulation** as the core pathology in BPD that creates **skills deficits** in the client
- DBT targets modifying **cognitions, emotions and behaviours** following a hierarchy that prioritises
  - Life interfering behaviour
  - Therapy Interfering Behaviour
  - Quality of life Interfering Behaviour
- All of the DBT strategies are designed in one way or another to enhance the **collaborative working relationship** and help the client improve their functioning



# Bio Social Theory

Biological dysfunction in  
the emotional regulatory  
pathways

+

Invalidating social  
environment

=

Pervasive emotion  
dysregulation



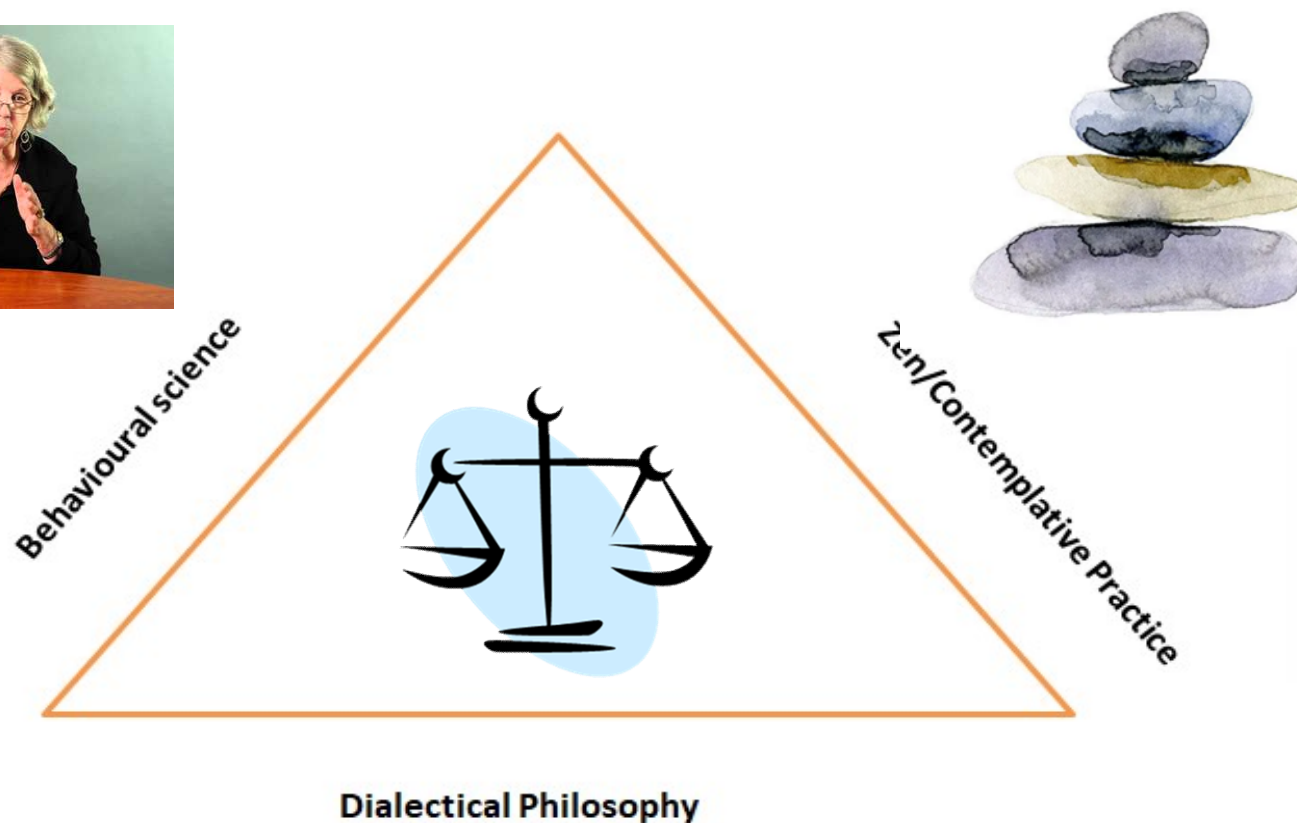
Professor Alan: Fruzzetti

<https://www.youtube.com/watch?v=EjdNi0sFLik>





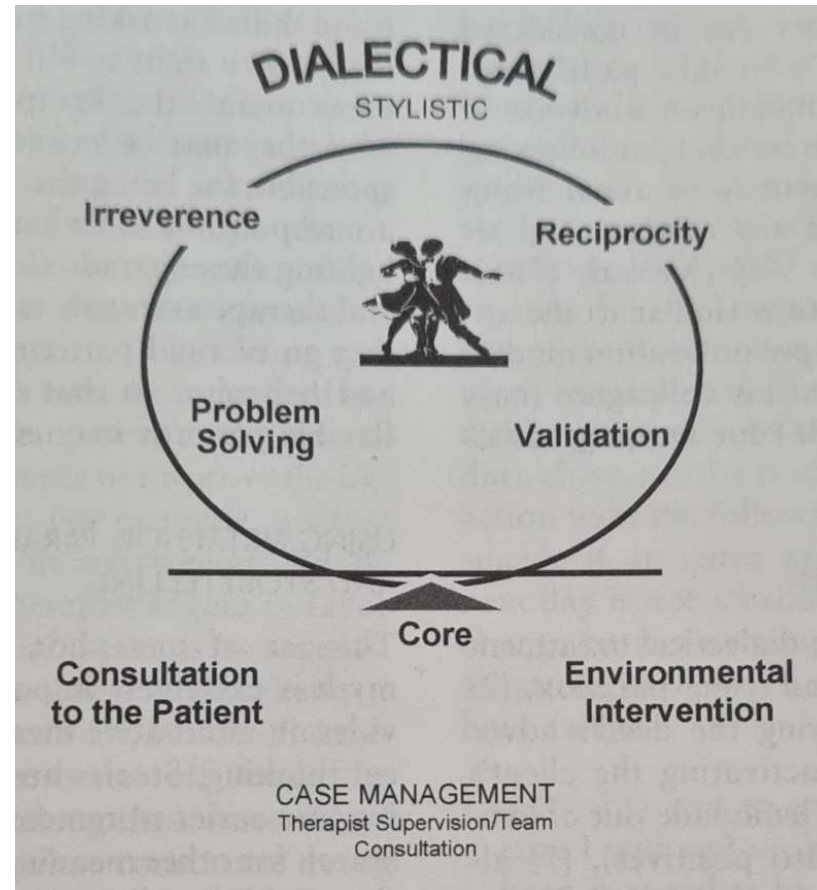
# The underlying principles of DBT





## DBT Therapeutic Stance:

- A deliberately dialectical therapeutic stance
- Reciprocal & irreverent communication
- Balancing acceptance and change





## DBT Treatment Functions

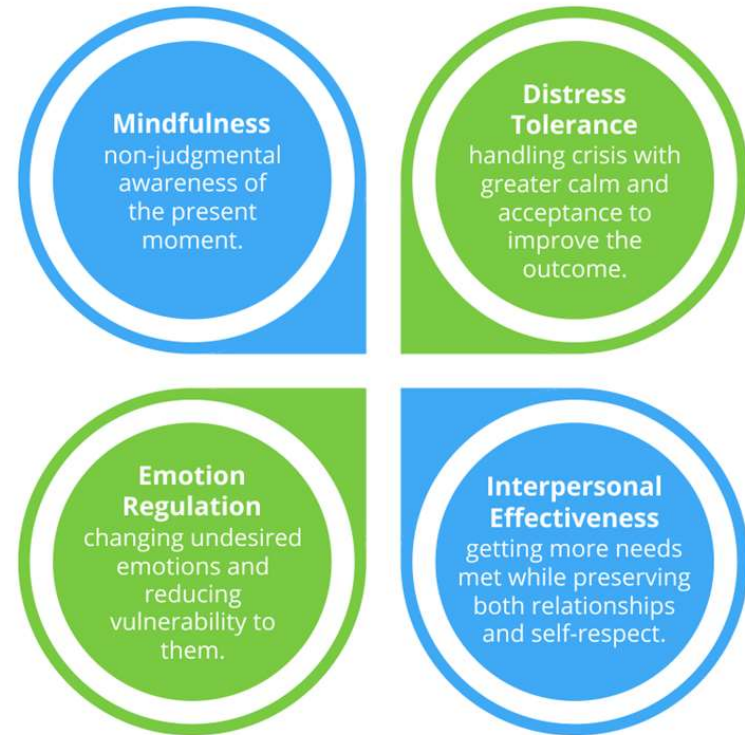


1. **Enhanced capabilities (Skills Group Training)**
2. **Improved motivation ( Individual Therapy:** establishing commitment, identifying primary targets and goals with Chain & Solution Analysis)
3. **Generalising of skills (Phone coaching, systems, natural environment)**
4. **Improve and Enhance therapist skills ( Consultation Team, supervision, education)**
5. **Structure the environment (Ancillary Treatment:** setting, system structures and families/significant others)



# DBT: Treatment Modes

- Weekly
  - Individual therapy session
  - Skills training groups
  - Consultation team & supervision
- Telephone coaching
- Ancillary Supports



**Comprehensive DBT for Adults**  
The Harmony Center for Change

DBT Skills Group

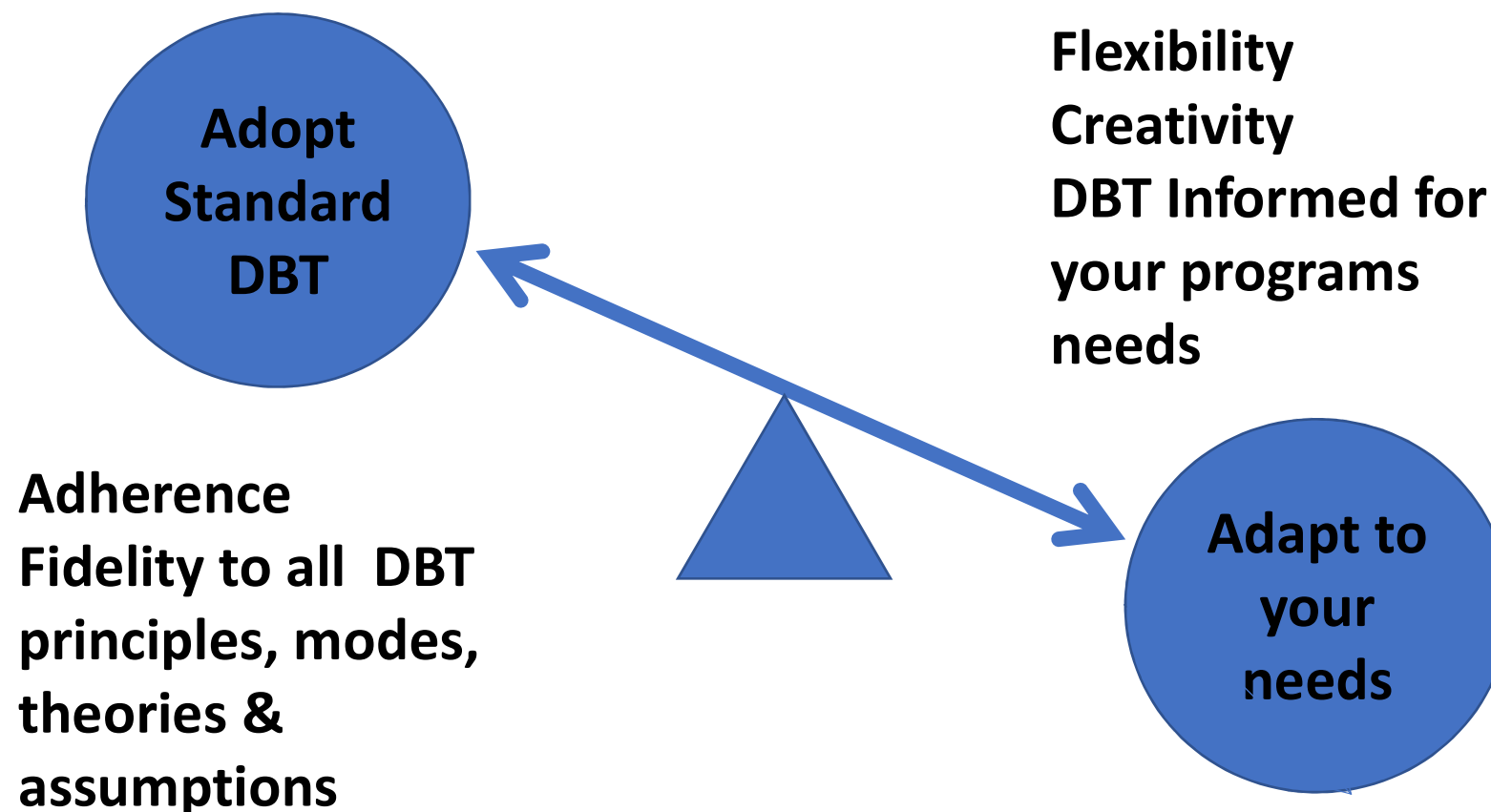
Individual Therapy

Phone Coaching

DBT Team Consultation Meetings



## To Adopt or Adapt DBT



Linda Dimeff, Shireen Rizvi & Kelly Koerner (2021)



# DBT Informed Practice: individual

- **Identify personal treatment goals**
  - E.g. To gain more skills to manage emotions and distress in family relationships
- **Use the principles and functions of DBT in the modes that you can deliver**
  - E.g. 1:1 individual sessions in which you teach skills that match the skills deficits of that have impacted on the clients life
    - **Highly conflictual relationship---Interpersonal Effectiveness (DEARMAN GIVE FAST)**
    - **Frequent Self harm--- Distress Tolerance (Distract, Self Soothe)**



# DBT Individual Therapeutic Tools

## Diary Cards

DBT DIARY CARD With permission Marsha Linehan 2000

	Completed in Session? Y/N		How often? (Daily <input type="checkbox"/> (2 or 3 times <input type="checkbox"/> (Once <input type="checkbox"/> )			Date Started												
	Suicide	Self-harm	Emotions			Quality of Life Problem			Responses									
	Urges 0-5	Acted Y/N	Urges 0-5	Acted Y/N	Anxiety	Sad	Joy/Happiness	Shame	Anger	Fear	Arguments	Sleep quality	Shedding	Took medication as prescribed	Target symptom	Other	Skills	Notes
Mon																		
Tue																		
Wed																		
Thu																		
Fri																		
Sat																		
Sun																		

Scoring the Skills Used: This week on the whole:

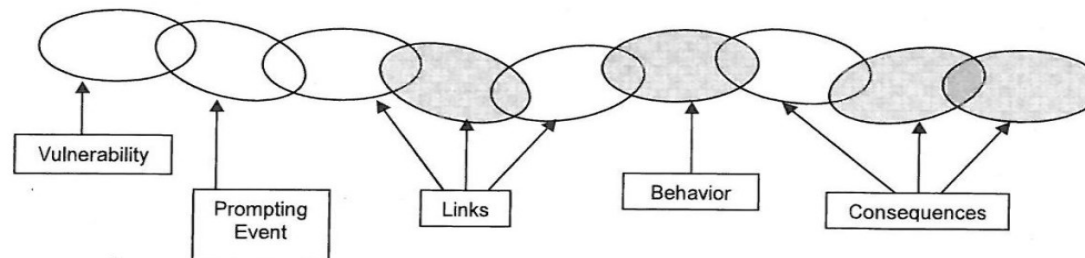
0 — Did not even think of skills	Urges to Quit Therapy 0-5
1 — Thought of using skills, but did not (did not want to)	
2 — Thought of using skills, but did not (although wanted to)	
3 — Tried skills (but could not use)	
4 — Tried skills (but it did not help)	
5 — Tried skills (and it helped)	
6 — Used skills (but it did not help)	
7 — Used skills (and it helped)	

## Skills

### 5 SENSES



## Chain Analysis





# Chain Analysis Video



<https://youtu.be/-oAi0k5BTRI>





## DBT Informed: Program/service intervention

Given what we what you know about DBT how can you meet these functions in your program/service?

- Enhance Capabilities (.....) *Skills Group*
- Improve motivation (.....) *Individual Therapy*
- Generalisation of Skills (.....) *Phone coaching, Homework*
- Improving and enhancing therapists skills (.....) *Consultation Group*
- Structure the environment (.....) *Systems, families*



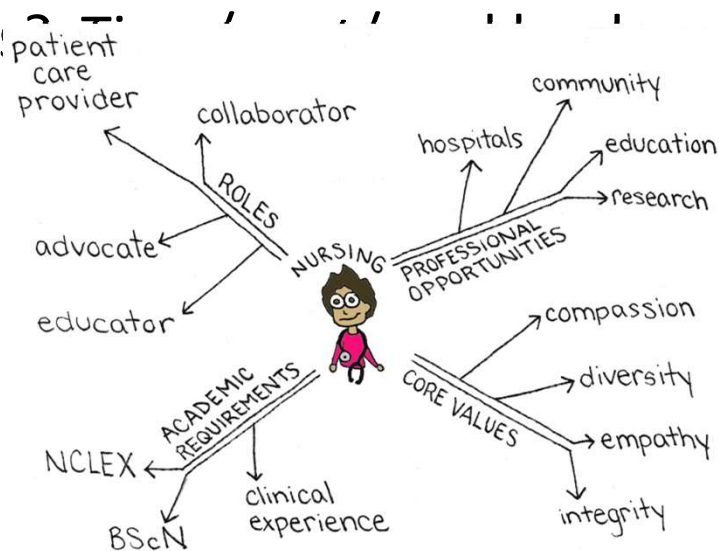
# Your Service Model

Function	Structure
Enhanced Capabilities	e.g. Brief DBT Skills group (community setting)
Improved motivation	DBT Informed Individual session (AMHT)
Generalisation of Skills	After hours services using a DBT informed crisis plan
Improving & enhancing therapist capabilities	Supervision group Education sessions
Structuring the environment	Comprehensive program in Youth Team



# Creating & delivering a DBT service

- **Identify local needs** and how DBT would fit into your service culture
- **Planning with reality acceptance**
  - What is possible?
  - How to troubleshoot barriers?
- **Get commitment**
  - leadership engagement
  - Secure resourcing
- **Put the plan into action**
  - Set Dates
  - Plan for sustainability



# Resources

