What’s Getting in the Way?

Integrating DBT for Individualized Treatment of Anxiety and Depression
With the Complicated Client
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Disclosures

- A Clinician’s Guide to Binge Eating Disorder (Editors: June Alexander, Andrea Goldschmidt, Daniel Le Grange)
- Chapter: Dialectical behavior therapy for binge-eating disorder
  - Kay E. Segal, Sarah E. Altman, Jessica A. Weissman, Debra L. Safer and Eunice Y. Chen
  - (Published by Routledge)

- Casebook of Evidence-Based Treatments for Eating Disorders
- Chapter: Dialectical behavior therapy for bulimia nervosa and major depressive disorder
  - Kay Segal, Lindsey Ohler, Kalina Eneva and Eunice Chen
  - (In Press, Guilford Press)
Treatment-interfering factors

- Personality Disordered Behaviors or Traits
- Chronic Suicidality
- Self-Injurious Behaviors
- Emotional Dysregulation
- Interpersonal Chaos
“I can’t take it anymore!”
-- The Therapist

- How-to’s for therapist emotion management
  - Consultation with other professionals
  - In session behavioral training for patient
  - In session behavioral training for family
  - Therapist mindfulness practice
  - The use of therapist self-disclosure
What is DBT?

- Overview of Dialectical Behavior Therapy
- Empirical Support for the use of DBT
- Rationale for integration ... It’s not just for Borderline Personality Disorder anymore!
- Strategies for implementing DBT into treatment
Components of DBT

- Individual therapy
  - Session format
  - Diary Cards
  - Behavioral Chain Analysis
Diary Card  
Please fill out daily!  

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Self-Harm</th>
<th>Suicidal</th>
<th>School/Work</th>
<th>Eating Disorder</th>
<th>Emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Alcoholic</td>
<td>Street Drugs</td>
<td>Prescription Drugs</td>
<td>(Not Prescribed)</td>
<td>What/How Much?</td>
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<tr>
<td></td>
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</table>

0-5 Highest Rating for the Day
0 = Not at All  
1 = A bit  
2 = Somewhat  
3 = Very Strong

5 = Extremely Strong

To be completed in session:

Uges to quit therapy:  
Uges to commit suicide:  
Uges to self-injure:  
Uges to fast/starve:  
Uges to manage emotions:  
Uges to manage thoughts:
Behavioral Chain Analysis

Vulnerability

Prompting Event

Links
(Thoughts, Feelings, Behaviors, Body Sensations, Urges)

Problem Behavior

Consequences
No more burnout!

- DBT Consultation Team
- Phone Coaching
Skills Training

- Individual versus Group
- Format of sessions
- Components
  - Mindfulness
  - Distress Tolerance
  - Interpersonal Effectiveness
  - Emotion Regulation
Introducing your patient to DBT

- Tips for introducing DBT
- Effective treatment options
  - Traits and behaviors that may get in the way of current treatment
  - DBT research
  - Tailoring treatment to the individual
Barriers to successful treatment

- Parental issues
- Unrealistic expectations
- High risk behaviors
- Liability fear
- Inconsistency
- Willingness
Professional and Emotional Limits

- Training
- Assessing capability
- Recognizing limits
- Referrals
Putting it all together...

- Training opportunities
- Questions

Thank you!