

# Dialectical Behavioural Therapy

## Facilitators

**Dr. Nathalie Lovasz**, C.Psych (Supervised Practice)  
Head of Adult DBT Program: The Mindfulness Clinic

**Dr. Andrew Spice**, C.Psych (Supervised Practice)  
Head of Adolescent DBT Program: The Mindfulness Clinic

## Key Learnings

- DBT is a comprehensive cognitive-behavioural treatment originally developed to treat chronically suicidal clients diagnosed with Borderline Personality Disorder; and found to be effective for suicidal clients with multiple other co-occurring behavioural problems
- DBT has been found to reduce: suicidality, parasuicidal behavior, treatment drop-out, hospitalizations, substance use, depression, hopelessness, anger.
- Symptoms of BPD / dysregulation: emotion dysregulation, interpersonal dysregulation, behavioural dysregulation, identity/self dysregulation, cognitive dysregulation
- Biosocial model of BPD: emotional vulnerability, experiences of invalidation

## Stages of Treatment

**Stage 1:** Stabilization (Goal: move from behavioural dyscontrol to control)

Treatment Hierarchy:  
Reduce Life-Threatening Behaviours  
Reduce Therapy-Interfering Behaviours  
Reduce Quality-of-Life-Interfering Behaviours  
Increase Skills that Replace Ineffective Coping

**Stage 2:** Suffering in Silence

Goal: address inhibited emotional experiencing, reduce PTSD symptoms

**Stage 3:** Build a Life Worth Living

Focus: problems in living  
Goal: Life of ordinary Happiness and Unhappiness

**Stage 4:** Address Issues of Meaning (Optional)

Focus: Spiritual fulfillment, connectedness to greater whole  
Goal: Move from incompleteness to ongoing capacity for Experiences of Joy and Freedom



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## Core DBT Strategies

- Problem-solving strategies (e.g., chain analysis) and validation strategies
- Validations tips: every invalid response makes sense in some way, validation is not necessarily agreeing, validation doesn't mean you like it, only validate the valid.
- Steps for chain analysis: (1) Choose a specific instance of behavior to analyze; (2) describe the behavior specifically; (3) Determine antecedents; (4) Determine consequences; (4) Determine function of the behaviour

## DBT Skills

- Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness, Mindfulness
- Distress tolerance skills = STOP Skills, TIPP Skills, Distractions (ACCEPTS), Self-Soothing
- Emotion Regulation = Observe and describe emotions, opposite action
- Interpersonal Effectiveness = identifying interpersonal priorities, DEAR MAN
- Mindfulness = 'what' skills, 'how' skills

## Further Training and Resources

Behavioral Tech: <http://behavioraltech.org/training/>

Oshawa Psychotherapy Training Institute: <http://www.oshawapsychotherapytraining.com/courses/certificate-programs/dbt-1>

Treatment & Referrals (Public):

Centre for Addiction and Mental Health, Davenport Perth

Neighbourhood Centre – Surfing Tsunamis Program, London Health Sciences Centre –

Victoria Hospital, St. Joseph's Health Care DBT Program

Treatment & Referrals (Private):

<http://www.themindfulnessclinic.ca>

<http://www.broadviewpsychology.com/>

<http://www.behaviouralhealth.net>

<http://drcarmenweiss.ca/group-options/dialectical-behaviour-therapy-dbt-options/>

Further Reading:

<http://behavioraltech.org/products/list.cfm?category=Books>

