



Dialectal Behavior Therapy at a Glimpse

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INTRODUCTION

This approach was developed by Marsha M. Linehan, a psychology researcher at the University of Washington, to help people increase their emotional and cognitive regulation by learning about the triggers that lead to reactive states and helping to assess which coping skills to apply in the sequence of events, thoughts, feelings, and behaviors to help avoid undesired reactions.

Linehan developed DBT as a modified form of cognitive behavioral therapy (CBT) in the late 1980s to treat people with borderline personality disorder (BPD) and chronically suicidal individuals. Research on its effectiveness in treating other conditions has been fruitful; DBT has been used by practitioners to treat people with depression,



drug and alcohol problems, post-traumatic stress disorder (PTSD), traumatic brain injuries (TBI), binge-eating disorder, and mood disorders. Research indicates DBT might help patients with symptoms and behaviors associated with spectrum mood disorders, including self-injury. Work also suggests its effectiveness with sexual-abuse survivors and chemical dependency.

History of DBT

- Developed by Marsha Linehan in the 1980s & early 1990s
- Treatment manual published in 1993
- Originally intended to treat Borderline Personality Disorder
- Dr. Linehan and her team added techniques and developed a treatment that would meet the unique needs of these patients.

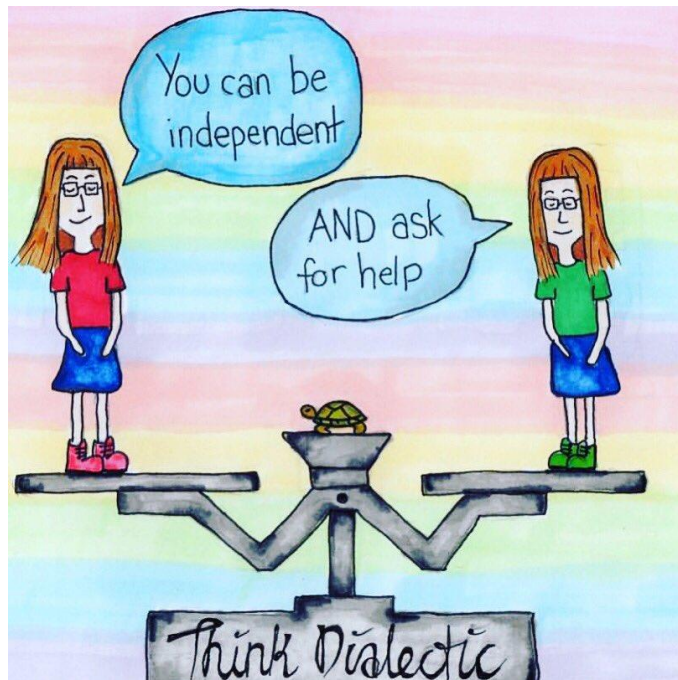
Define

Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that began with efforts to treat personality disorders, and interpersonal conflicts. There is evidence that DBT can be useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm and substance use.

Marsha M. Linehan

Aims

- Accordingly, the therapist aims to accept and validate the client's feelings.
- Informing the client that some feelings and behaviors are maladaptive.



- Showing them better alternatives.
- DBT focuses on the client acquiring new skills
- Changing their behaviors.

Ultimate goal

- Achieving a "life worth living", as defined by the patient.

What is the main goal of DBT?

- Dialectical behavioral therapy (DBT) is an effective combination of cognitive and behavioral therapies. The goal of DBT is to transform negative thinking patterns and destructive behaviors into positive outcomes

Process

DBT evolved into a process in which the therapist and client work with acceptance and change-oriented strategies, and ultimately balance and synthesize them, in a manner comparable to the philosophical dialectical process of hypothesis and antithesis, followed by synthesis

- The therapy evolved into a process in which the client and the medical professional will work one to one to help the patient learn skills such as:
- Acceptance of situations
- Change oriented strategies
- Emotions regulation
- Distress tolerance
- Interpersonal effectiveness

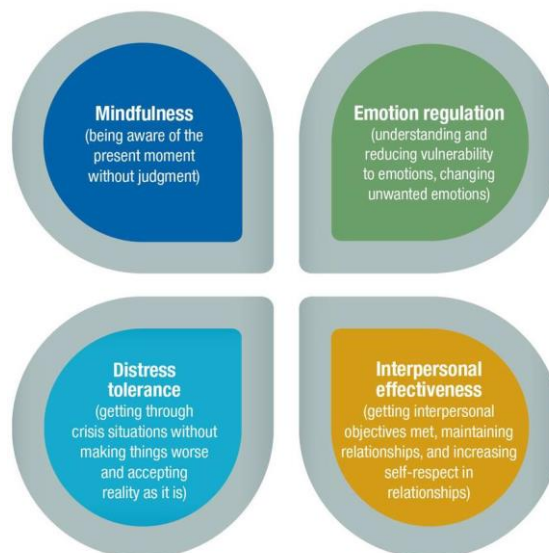
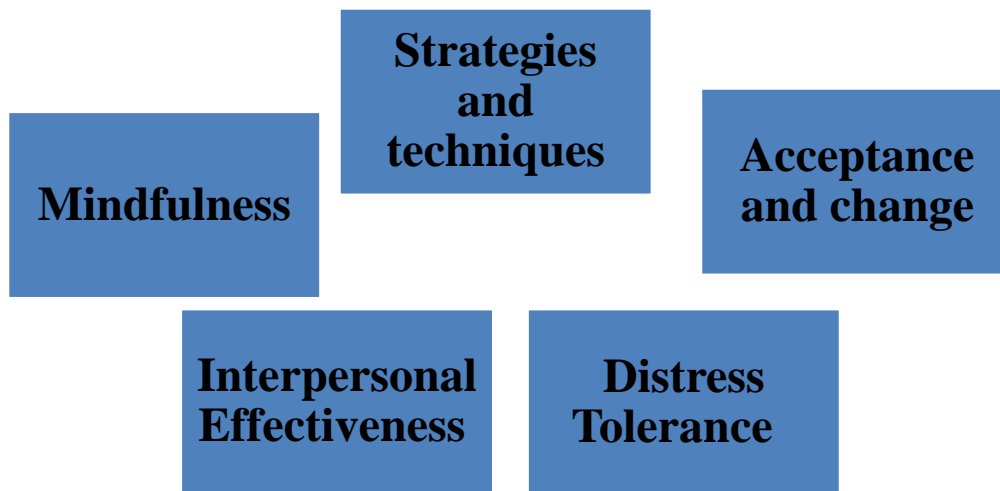
Settings in which DBT are often used include

- **Group therapy** where patients are taught behavioral skills in a group setting.
- **Individual therapy** with a trained professional where a patient's learned behavioral skills are adapted to their personal life challenges.
- **Phone coaching** in which patients can call the therapist between sessions to receive guidance on coping with a difficult situation they are currently in.

Some of the strategies and techniques that are used in DBT include the following.

Contrary to popular belief, there are only four main modules that are introduced into dialectical behaviour therapy treatment





MINDFULNESS

Mindfulness is a critical skill that will be taught when patients are in their skill groups. This emotion leads an individual to practice being present and fully aware within the moment, feel life for what it is and not live years in the future. This specific skill is considered as the foundation,

Acceptance and change

- The first few sessions of DBT introduce the dialectic of acceptance and change. The patient must first become comfortable with the idea of therapy; once the patient and therapist have established a trusting relationship, DBT techniques can flourish. An essential part of learning acceptance is to first grasp the idea of radical acceptance: radical acceptance embraces the idea that one should face situations, both positive and negative, without judgment.

INTERPERSONAL EFFECTIVENESS

- Learning interpersonal effectiveness is a skill that closely follows once you have effectively grasped the skill of mindfulness. Learning how to interact with the people around you, personal relationships and the challenges that can create a stressful environment.

DISTRESS TOLERANCE

Within the session of distress tolerance, an individual will learn the art of acceptance and change. You will discover four primary technique within this class that will help you handle any crisis; this will include:

- Self-soothing
- Improving the stressful situation
- Thinking of the pros and cons of the situation
- Distracting yourself

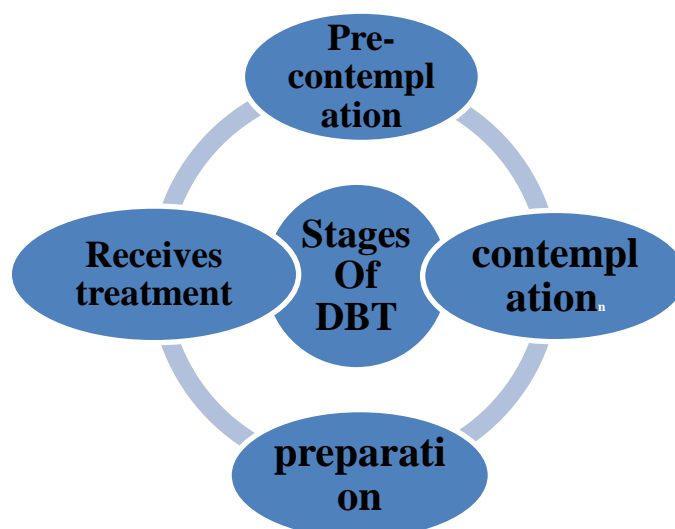
EMOTION REGULATION

The last skill set that will be taught is emotion regulation. This technique is essential to master, learning to control your emotions when you are an intense person can be a struggle, but with the right help, you can achieve anything. Emotion regulation session is perfect for individuals who are regularly overcome with the following emotions:

- Anger
- Depression
- Anxiety
- Frustration

Stages Of DBT

DBT has five specific stages of change which the therapist will review with the patient: pre-contemplation, contemplation, preparation, action, and maintenance.



First stage, Precontemplation in which the patient is completely unaware of their problem.

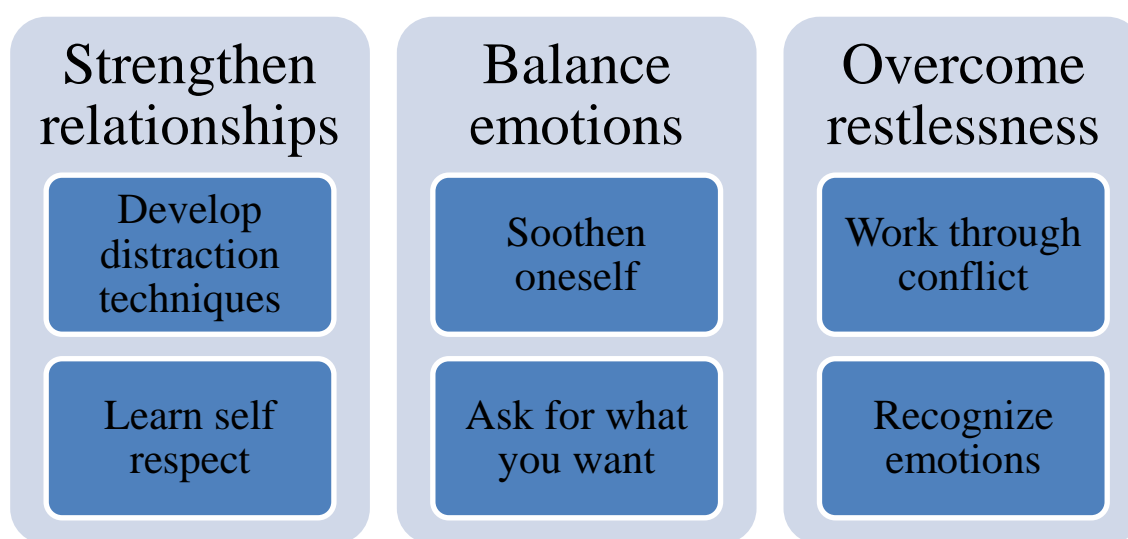
second stage, contemplation, the patient realizes the reality of their illness: this is not an action, but a realization.

Third stage, preparation, that the patient is likely to take action, and prepares to move forward. This could be as simple as researching or contacting therapists.

Fourth Stage, the patient takes action and **Receives treatment**. In the final stage, maintenance, the patient must strengthen their change in order to prevent relapse. After grasping acceptance and change, a patient can fully advance to mindfulness techniques

Benefits of DBT

Basically, DBT can help in a variety of areas within your life. Here are just some of the small ways that this therapy can help benefit you in everyday situations:



Key words.

Mindfulness, Acceptance, Change, Interpersonal Effectiveness, Pre-Contemplation, Contemplation, Preparation And Receives Treatment, Distress Tolerance

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