

Dialectical Behavior Therapy (DBT)

Target Population

DBT is for the severe and chronic, multi-diagnostic, difficult-to-treat patients with disorder including, Major Depression, Substance Dependence, PTSD, Social Phobia, Panic Disorder, OCD, Eating Disorder, Borderline Personality Disorder or individuals who experiences significant emotional regulation difficulties.

Treatment Setting

DBT is delivered in outpatient, residential treatment, and ACT programs.

Length/Frequency of Treatment

DBT is an intensive treatment approach that requires three modes of treatment. Individual therapy, skills group, and between-session coaching. In individual therapy, clients receive once weekly individual sessions that are typically an hour to an hour-and-a half in length. Clients also must attend a two-hour weekly skills group for 6 months to 1 year. Clients also have 24/7 access to their individual therapists for skills coaching prior. The average length of treatment is between 6-12 months.

Referral Process

Outpatient providers delivering DBT can be accessed by calling those providers in the provider directory. Pre-authorization from Community Behavioral Health is required for higher levels of care.

Websites:

<http://www.ticllc.org>

<http://www.linehaninstitute.org>

Overview

DBT is a treatment designed specifically for **individuals with self-harm behaviors**, such as self-cutting, suicidal thoughts, urges and attempts, and for individuals with significant challenges associated with emotion dysregulation. Many clients with these behaviors meet criteria for a borderline personality disorder. DBT is a comprehensive cognitive-behavioral treatment developed by Dr. Marsha Linehan over the last 25 years. Through DBT individuals develop skills and strategies to commit to creating a “life worth living.”

Core Components

- **Skills Training Groups** - Specific skills that are essential for managing emotional distress are learned. Skill Modules: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance
- **Weekly Individual Psychotherapy** - An understanding of what contributes to the problems and interferes with change is developed and new and more effective alternatives are learned and skills from Groups are applied
- **Between-Session Coaching with Therapist**- Provides an opportunity for “real-life” coaching to use the skills being learned
- **Consultation Meeting for Therapists**- The therapy team meets weekly to assist each other in providing effective and compassionate treatment

DBHIDS DBT Initiative

In 2012, DBHIDS partnered with DBT treatment developer and expert trainers, from the University of Washington to bring DBT into the CBH provider network. The providers were selected via a competitive Request for Proposal (RFP) process to receive intensive training and consultation to deliver Comprehensive DBT. The teams continue to receive additional training focused on DBT program growth and sustainability from treatment experts.