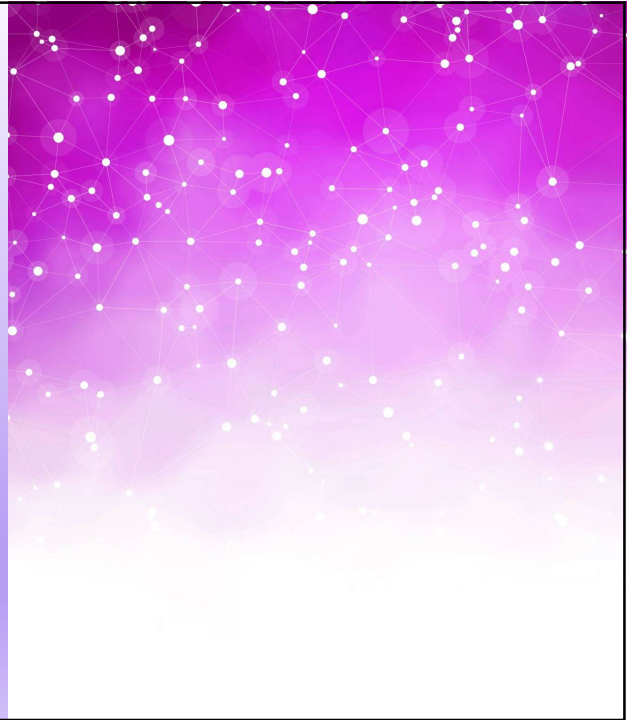


Dialectical Behaviour Therapy



1

Learning Outcomes

Overview of DBT principles and applications

Explore components and stages of DBT

Identify the Hierarchical approach of case formulations

Recognize the advantages and limitations of DBT

2

Dialectical Behaviour Therapy (DBT)

Developed by Marsha Linehan.

Psychotherapeutic intervention that is highly effective in treating individuals with suicidal behaviour, emotional dysregulation and conflicts in interpersonal relationships.



3

Dialectic Philosophy

Views reality as a holistic and ever-changing process that is not stagnant but instead consists of opposing views continually synthesizing and changing.

- Marsha Linehan (1993)

4

Biosocial Theory

- Proposes that the transaction between the **emotional vulnerability** and an **invalidating environment** can lead to the development of emotion dysregulation and other characteristics associated with borderline personality disorder and other psychopathologies.
- No blame model, it is the transaction between the two components that causes the problem.

5

Four Components of DBT:



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Example – Chain Analysis

Steps of a Chain Analysis:

- **Describe the Problem Behavior** → What exactly happened?
- **Identify the Prompting Event** → What triggered it?
- **List the Links in the Chain** → Break it down into small steps: thoughts, emotions, urges, physical sensations, and actions that led up to the behavior.
- **Identify Risk Factors (Vulnerability Factors)** → Things that made you more likely to react (e.g., lack of sleep, stress, past trauma).
- **Examine the Consequences** → Both short-term (relief, avoidance) and long-term (guilt, harm, worsened relationships).

Example:

- Prompting event: Argument with a friend.
- Thought: "They don't care about me."
- Emotion: Anger → sadness.
- Urge: Withdraw or lash out.
- Behavior: Self-harm.
- Consequence: Short-term relief but increased guilt and shame

8

Example - Solution Analysis

This follows a **Chain Analysis** to identify **ways to change the outcome** by breaking the chain and inserting new, healthier behaviours.

Steps:

Identify points where change could have happened → What could have been different at each step?

Develop alternative responses → Use **DBT skills** (e.g., Distress Tolerance, Emotion Regulation).

Plan how to act differently next time → Specific, realistic strategies.

Practice and reinforce change → Role-play, reminders, skill-building.

Example (Rewriting the Chain):

Alternative thought: "Maybe they were having a bad day."

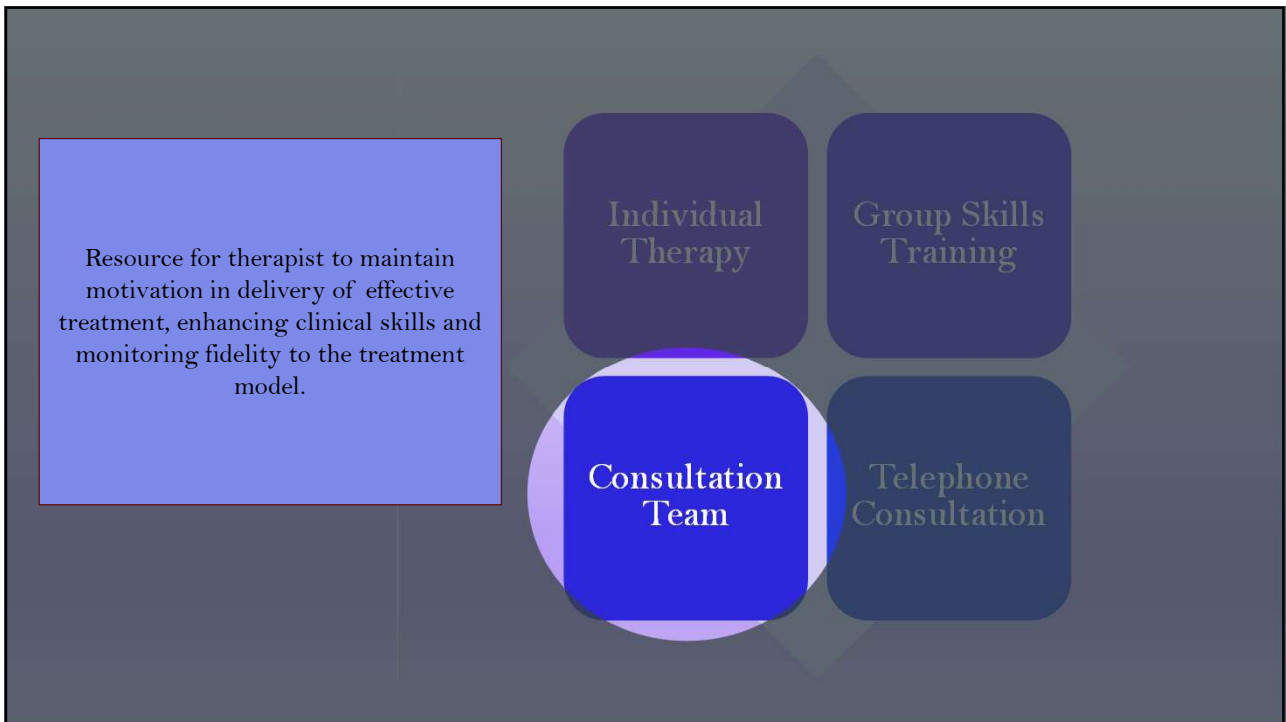
Alternative action: Instead of withdrawing, using Opposite Action (e.g., sending a kind message).

Alternative coping: Self-soothing, distraction, or TIPP skills.

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Skills training

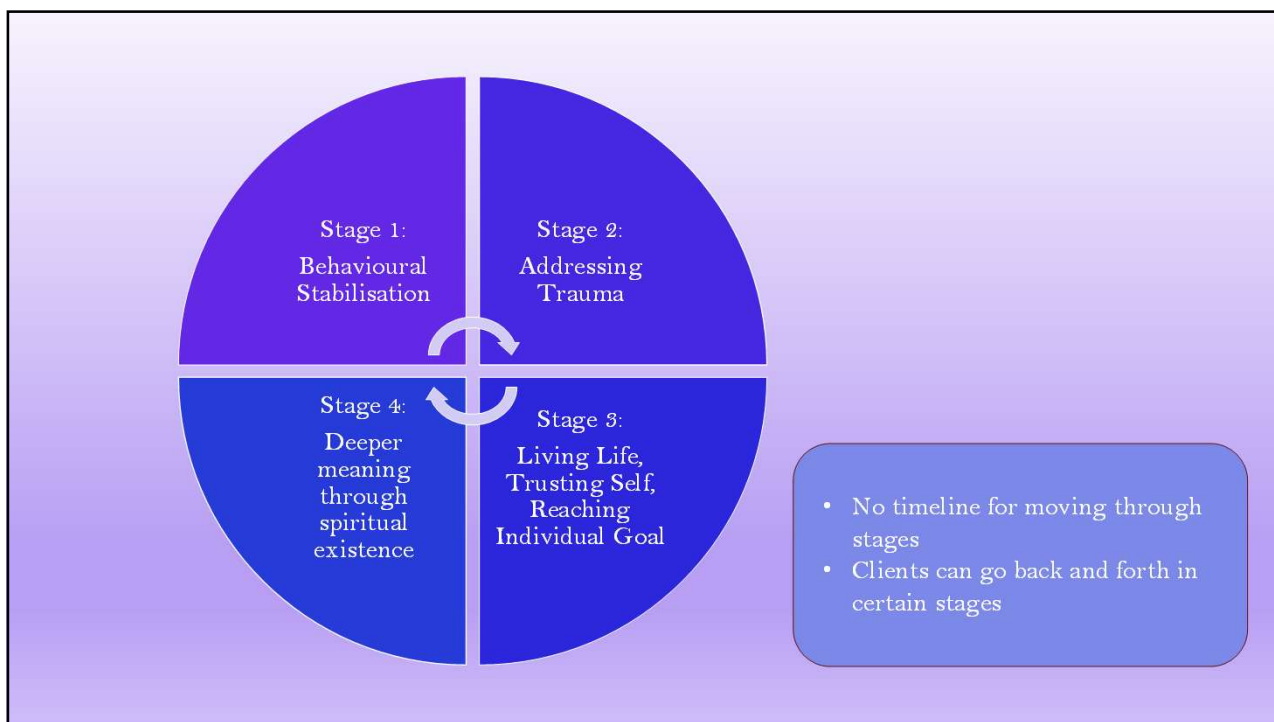
- Core Mindfulness: teaches clients to be more present
- Distress Tolerance: teaches acceptance
- Interpersonal Effectiveness: teaches skills to create healthy relationships
- Emotion Regulation: help clients label emotions without judgement

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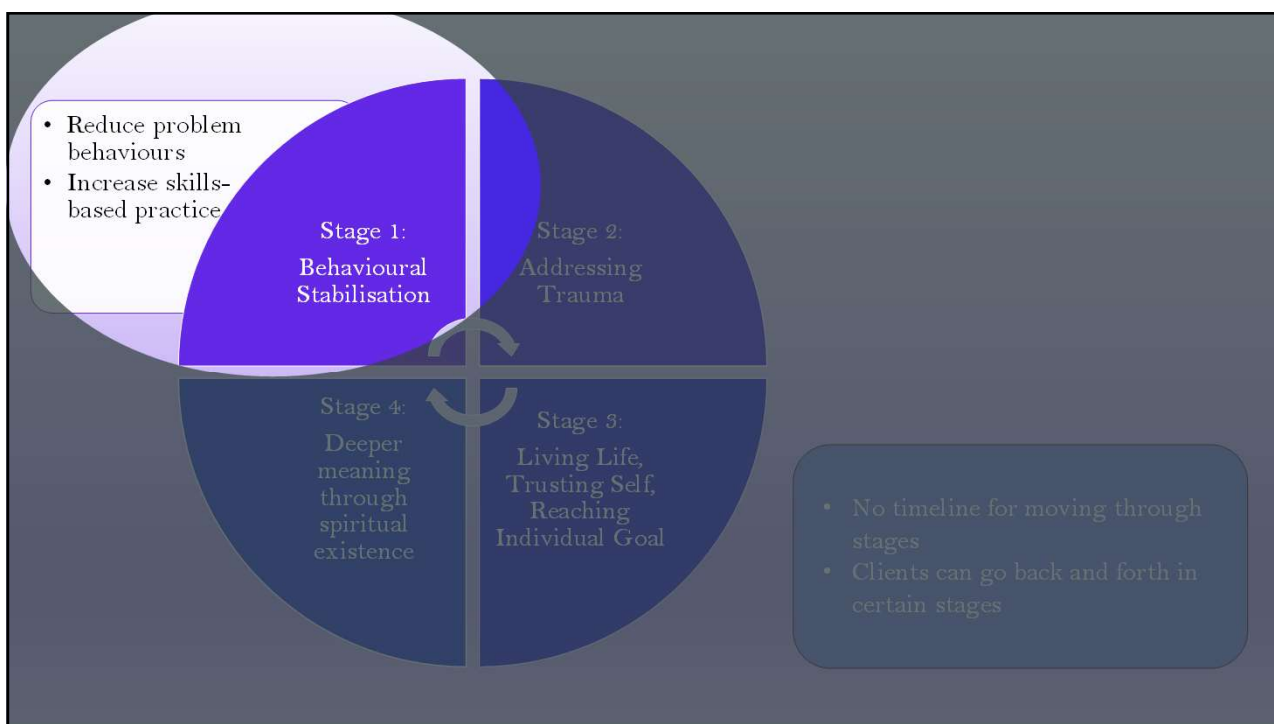
Stages of DBT

- Pre-treatment phase:
 - Assessment of patient and intervention compatibility
 - Formulation of agreement between therapist and client
 - Commitment to abstaining in suicide/self-harm for a certain amount of time

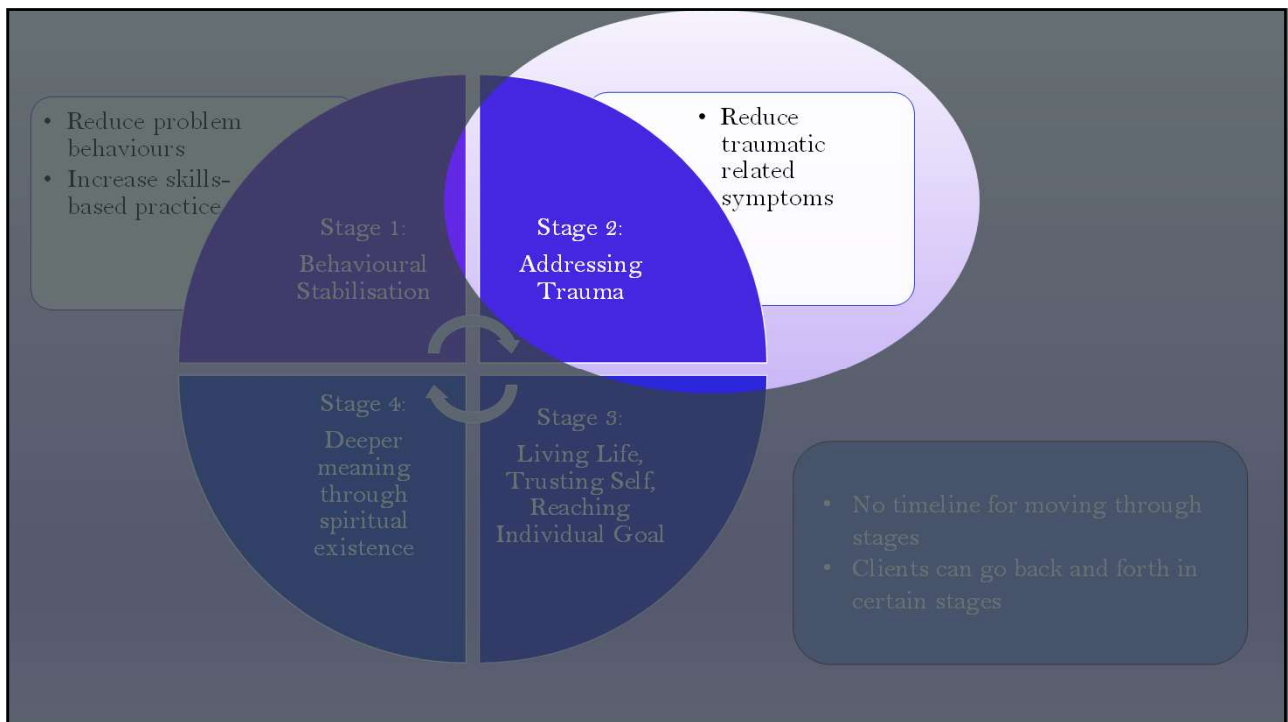
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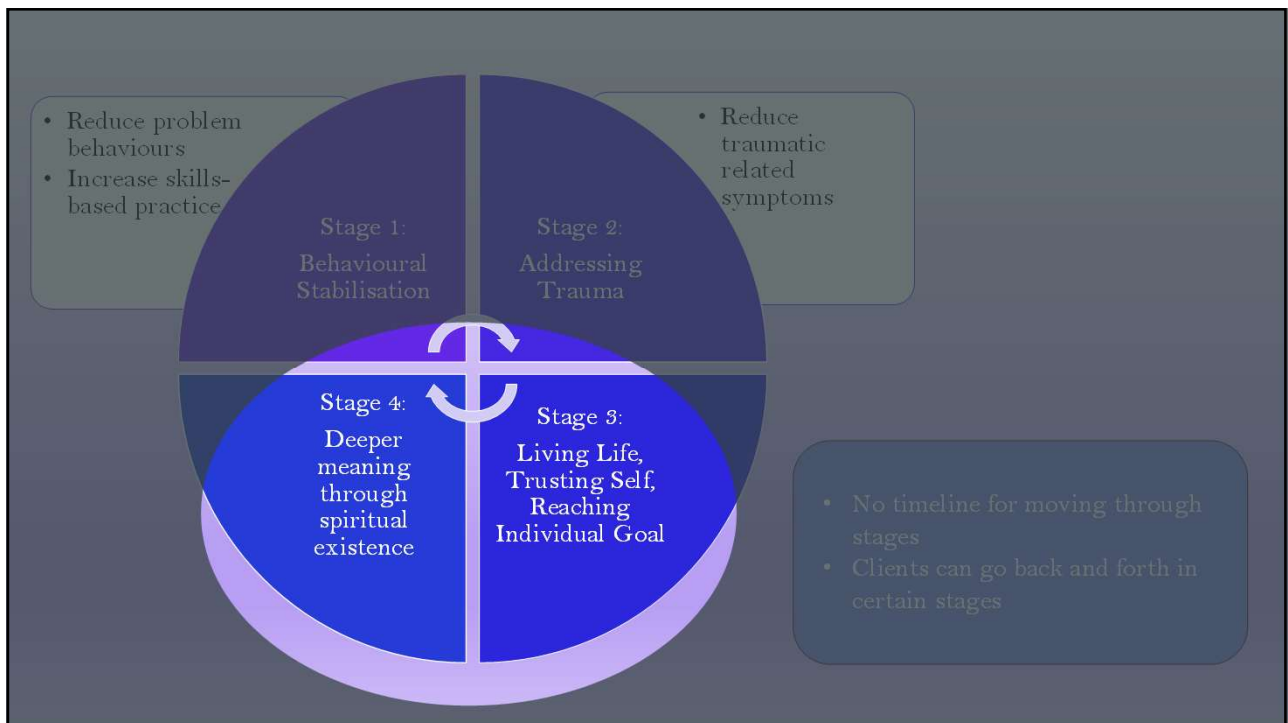
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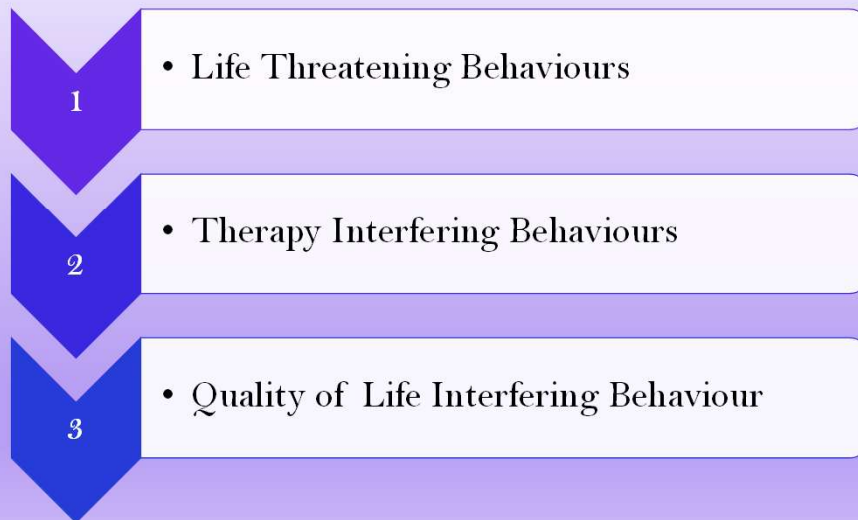


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Modularized Hierarchical Approach



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Modularized Hierarchical Approach



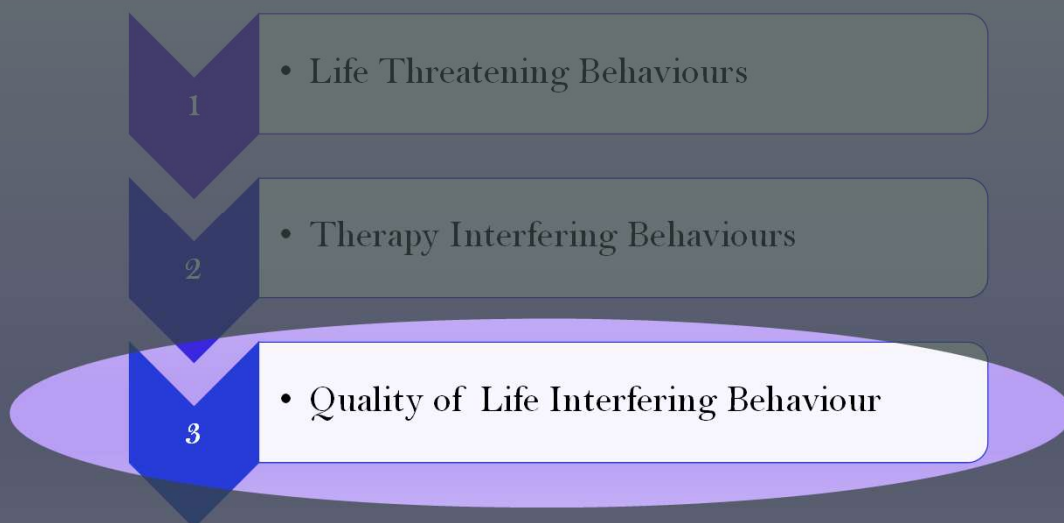
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Modularized Hierarchical Approach



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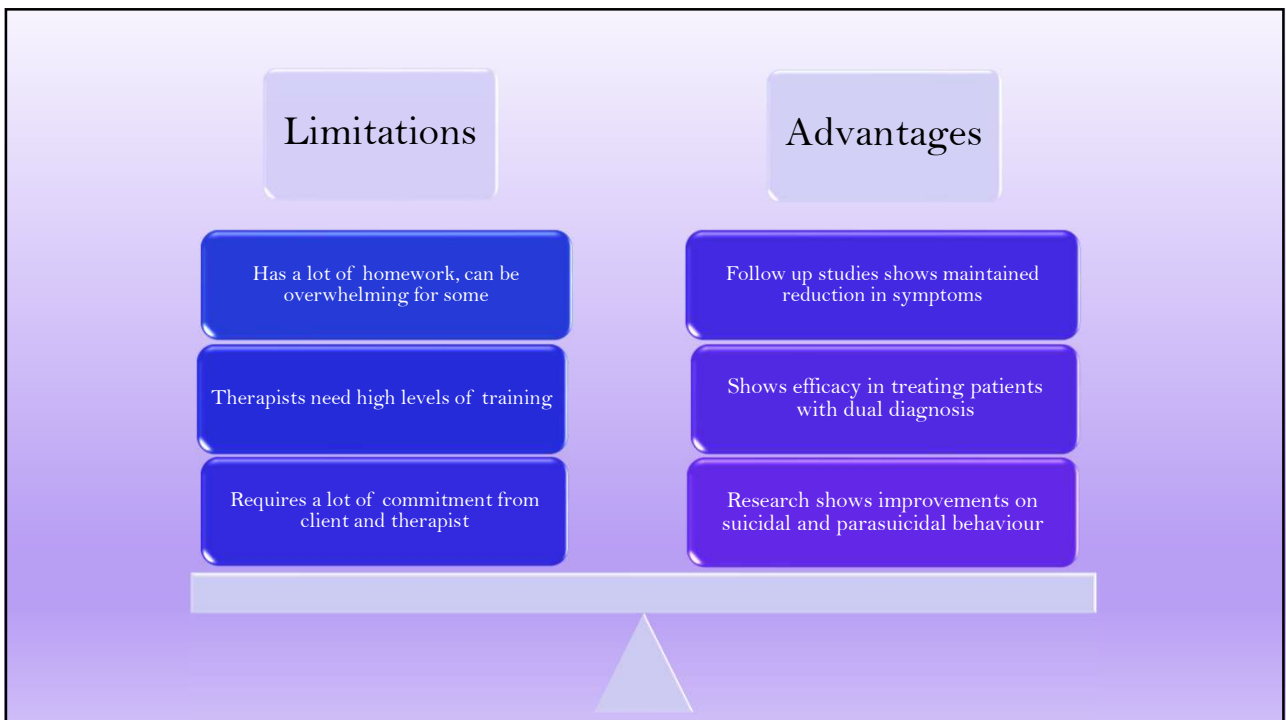
Modularized Hierarchical Approach



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