

**THE UNIVERSITY OF TENNESSEE  
COLLEGE OF SOCIAL WORK**

**SW530 - Introduction to Dialectical Behavior Therapy**

Course Outline

Fall 2005

Instructor: Joquetta Pitcock Hutchens, LCSW, BCD  
Office: Dialectical Behavior Therapy Resources of East Tennessee  
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Office hours: 2:30 p.m. to 3:30 p.m. Tuesdays (by appointment) in the Henson classroom (TBA)  
Class meeting times: 3:30 p.m. to 6:30 p.m. Tuesdays

**Required Texts**

Linehan, M.M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. New York: Guilford Press.

Linehan, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. New York: Guilford Press.

The instructor will also require the reading of specific articles and chapters during the course of the semester. These are listed in the attached bibliography.

**Grading**

Exam	30%
Class Presentation	20%
Critical Analysis Paper	30%
Suicide Assessment & Response	20%

94-100%	A
89-93%	B+
84-88%	B
80-83%	C+
75-79%	C
70-74%	D+
65-69%	D
64% and below	F

Exam - There will be one exam at the end of the semester. It will test concepts covered in the class meetings and material contained in the required texts.

Class Presentation - At the end of each class (beginning with week two), a student will present information from one of the bibliography listings. Each listing is intended to demonstrate how dialectical behavior therapy is applied in different settings. The student will be graded according to accuracy of report, clarity of report, & ability to field questions from peers.

Critical Analysis Paper- Students will conduct a literature search for a book chapter or a paper posing a problem(s) with DBT treatment in general or DBT in a specific context. The student will formulate their own position on the issue, whether in support of DBT or of the author of the document questioning the DBT approach; and, will write a paper defending their position. Bibliography required. Instructor to approve the literature chosen as the focus of the critical analysis paper before writing. Papers will be distributed to the class after the exam on Nov. 29, 2005 and will be discussed and defended on Dec. 6, 2005. Students will be expected to have read all papers and have discussion contributions prepared by the December class. Grades will be based on the clarity of the paper and the thoughtfulness of the student as demonstrated in written and oral defense.

Suicide Assessment & Response - In the second half of the semester (after Nov. 1), the instructor will place an unannounced call to each student and role play a psychiatric crisis situation. The student will assess the lethality of the suicide threat role played by the instructor and will formulate an appropriate therapeutic response. The grade will be based on the completeness of the assessment and the relevancy of the intervention proposed by the student.

### **Class Format:**

The class will meet from 3:30 p.m. to 6:30 p.m. each Tuesday afternoon beginning August 30, 2005 through December 6, 2005. The first hour of the class will be spent in lecture, presenting theory from the text or from adjunct source. Most of the remaining two hours will be spent practicing application of the four skills modules in DBT: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The last 15-20 minutes of each class will be spent in the student presentation of one of the journal articles or chapters from the bibliography. Because the class is three hours long, there will be at least one break.

### **Course Outline:**

- I. Theory
  - A. Outcome trials / efficiency
  - B. Biosocial theory
  - C. Dialectics
- II. Application
  - A. DBT in different treatment settings
  - B. DBT with different populations
  - C. Stages of treatment
  - D. Therapist assumptions
  - E. Modes and functions of treatment
- III. Practice
  - A. Assessment and diagnosis
  - B. Change strategies
    - 1. Interpersonal effectiveness
    - 2. Emotion regulation

- C. Acceptance strategies
  1. Distress tolerance
  2. Mindfulness

### **Description of Classes by Week**

#### **I. Orientation - Aug. 30, 2005**

- A. To class
  1. objectives
  2. process
  3. assignments
  4. grading
- B. To DBT
  1. brief history of the development of DBT
  2. components of the treatment
  3. goals/functions of treatment and criteria for success
  4. stages of the treatment
  5. therapist assumptions about patients
  6. defining a dialectic
  7. homework - to observe one dialectic each day

Linehan, M.M., (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 97-119). New York: Guilford Press.

Sanderson, C.J., (2003). DBT at a Glance. [www.behavioraltech.org](http://www.behavioraltech.org). Behavioral Tech. Seattle, Wa.

#### **II. Mindfulness - Sept. 6, 2005**

- A. Review
  1. what is a dialectic
  2. homework
- B. Define mindfulness
- C. Discuss the relevance of mindfulness to DBT
- D. Acceptance vs. Change - the primary therapeutic dialectic requiring mindfulness
- E. The six steps toward mindfulness
- F. Mindfulness practice
- G. Student presentation of Linehan (1994) on Acceptance & Change

Linehan, M. M. (1994). Acceptance and change: the central dialectic in psychotherapy. In S. C. Hayes, N. S. Jacobson, V. M. Follette, & M. J. Dougher (Eds.), Acceptance and Change: Content and Context In Psychotherapy. (Pp. 73-86). Reno, NV: Context Press.

Linehan, M.M.(1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp.3-65). New York: Guilford Press.

#### **III. Introduction to Skills Modules - Sept 13, 2005**

- A. Review of material
- B. Roles of treatment components
  1. individual
  2. skills groups - identify skills modules
- C. Orientation to the Interpersonal Effectiveness skills module
  1. situations in which interpersonal effectiveness is desirable
  2. the criteria for effectiveness > goals

- D. Mindfulness Practice - observing skills - homework to practice mindful observing
- E. Student presentation of Germer on mindfulness

Linehan, M.M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp.144-147, 354, & 466). New York: Guilford Press.

Linehan, M.M. (1993) Skills Training Manual for Treating Borderline Personality Disorder. (pp. 63-65 & 107-113). New York: Guilford Press.

Germer, C.K. (2005). Mindfulness and Psychotherapy. (pp.3-27). New York: Guilford Press.

#### IV. Interpersonal Effectiveness II - Sept 20, 2005

- A. Review of material and homework
- B. Mindfulness Practice - describing skills - homework to practice mindful observing and describing
- C. Theory - primary treatment targets & bio-social theory
- D. Factors interfering with interpersonal effectiveness
- E. Factors to consider before asking for something or before saying no- to someone
- F. Student presentation Biosocial Model, author unk

Linehan, M. M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 42-62) New York: Guilford Press.

Linehan, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. New York: Guilford Press.

#### V. Interpersonal Effectiveness III - Sept 27, 2005

- A. Review of material and homework
- B. Mindfulness Practice - one-mindfully/here-n-now
- C. Theory - Validation - homework to practice the 6 levels of validation daily
- D. The how skills of asking and saying no
- E. Student presentation of Dimeff et. al. on summary of research (students to copy from [www.behavioraltech.com/downloads/dbtSummaryOfData.pdf](http://www.behavioraltech.com/downloads/dbtSummaryOfData.pdf) )

Dimeff, L., Koemer, K., & Linehan, M. (2002-2003). Summary of Research on DBT. (unpublished). Behavioral Tech, LLC. Seattle, WA.

Linehan, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. (pp. 221-249) New York: Guilford Press

#### VI. Interpersonal Effectiveness IV - Oct. 4, 2005

- A. Review of material and homework
- B. Mindfulness practice - non-judgmental thinking
- C. The what skills of asking and saying no- homework to apply asking and saying no protocol
- D. Theory - Reinforcement
- E. Student presentation of Fruzzetti (2002) on relationship mindfulness

Fruzzetti, A. (2002). Relationship Mindfulness and Validation Skills Module: Treatment Manual for Use in DBT Group Skills Training or Family Skill Training. U. of Nevada.

Pryor, K. (1999). Don't Shoot the Dog: The New Art of Teaching and Training. New York: Bantam Doubleday Dell Pub.

#### VII. Orientation to the Emotion Regulation skills module - Oct. 11, 2005

- A. Review of homework

- B. Theory - The relationship between emotion regulation, invalidation, sensitivity, reactivity, and suicidality
- C. The emotion model
- D. Mindfulness practice - effectively participating
- E. Student presentation of Fruzzetti

Fruzzetti, A.E. (2002). Dialectical behavior therapy for borderline personality and related disorders. In T. Patterson (Ed.), Comprehensive Handbook of Psychotherapy, Volume 2: Cognitive-Behavioral Approaches (pp.215-240). New York: Wiley.

Linehan, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. (pp. 84-86 & 135-164). New York: Guilford Press.

#### VIII. Emotion Regulation II - Oct. 18, 2005

- A. Theory - The differentiation of pain and suffering, primary and secondary emotions
- B. Mindfulness practice
- C. Opposite action skill - homework to practice opposite action
- D. Student presentation of Carter (2003) on DBT with dual diagnosis

Carter, C. (2003). Preliminary adaptation/research for using DBT with the dual diagnosis populations (MRMI) and community residential staff. (unpublished presentation at ISITDBT) Reno, Nevada.

Linehan, M. M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 227, 234, & 256 & 57). New York: Guilford Press.

#### IX. Emotion Regulation III - Oct.25, 2005

- A. Review of homework
- B. Theory - the four responses to a problem with emphasis on #2 (changing the way I feel) - use text pp. 329-370
- C. Mindfulness practice
- D. A B C Please skill - homework, practice skill
- E. T I P skill - homework, practice skill
- F. Student presentation of Fruzzetti (2000) on domestic violence

Fruzzetti, A. & Levensky, E. (2000). Dialectical behavior therapy for domestic violence: rationale and procedures. Cognitive and Behavioral Practice, 7, 435-447.

Linehan, M. M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 329-370). New York: Guilford Press.

#### X. Emotion Regulation IV - Nov. 1, 2005

- A. Review of homework
- B. Theory - Suicide risk assessment
- C. Mindfulness practice
- D. Problem solving skills + letting go of emotional suffering - homework to practice skill
- E. Student presentation of Koerner & Linehan on Case formulation

Linehan, M. M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 114, 124-129, 173 & 74, 182, 192-194, 210, 268 & 69, 302-305, 327, 468-500, & 519-523). New York: Guilford Press.

Koerner, K. & Linehan, M.M. (1997). Case formulation in dialectical behavior therapy for borderline

personality disorder. In T. Eells (Ed.), Handbook of Psychotherapy Case Formulation. New York: Guilford Press. 340-367.

XI. Orientation to the Distress Tolerance skills module - Nov. 15, 2005

- A. Review of homework
- B. Theory - coaching calls
- C. Mindfulness practice
- D. Goals of distress tolerance module
- E. Crisis survival skills - homework - skills practice
- F. Student presentation of Miller et al (1997) on DBT with adolescents

Linehan, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. (pp. 497-503). New York: Guilford Press.

Linehan, M.M. (1993). Skills Training Manual for Treating Borderline Personality Disorder. (pp. 96-103 & 178-180). New York: Guilford Press.

Miller, A., & Rathus, J. H. & Linehan, M. M., Wetzler, S., & Leigh, E. (1997). Dialectical behavior therapy adapted for suicidal adolescents. Journal of Practical Psychiatry and Behavioral Health, 3, 78-86.

XII. Distress Tolerance II (Critical Analysis Papers Due)- Nov. 15, 2005

- A. Review of homework
- B. Theory - behavior chains - homework - practice a behavior chain
- C. Mindfulness practice - the breath
- D. Accepting reality skills
- F. Student presentation of Bosch on BPD with and without substance use problems (students to download from [www.behavioraltech.com/downloads/Dutch\\_DBT\\_Research.pdf](http://www.behavioraltech.com/downloads/Dutch_DBT_Research.pdf))

Linehan, M.M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 254-264) New York: Guilford Press.

XIII. Distress Tolerance III (Critical Analysis Papers Distributed to Students) - Nov. 22, 2005

- A. Review of homework
- B. Theory - use of metaphor
- C. Mindfulness practice
- D. Turning the Mind, Willingness, & Accepting Reality
- E. Q & A for exam

Linehan, M.M. (1993). Cognitive Behavioral Treatment of Borderline Personality Disorder. (pp. 209-212). New York: Guilford Press.

XIV. Exam from 3:30 to 4:30 and Review of Critical Analysis Papers from 4:30 to 6:30 - Nov. 29, 2005

## Bibliography

- Carter, C. (2003). Preliminary adaptation/research for using DBT with the dual diagnosis populations (MRMI) and community residential staff. (unpublished presentation at ISITDBT) Reno, Nevada.
- Dimeff, L., Koemer, K., & Linehan, M. (2002-2003). Summary of Research on DBT. (unpublished). Behavioral Tech, LLC. Seattle, WA.
- Fruzzetti, A. (2002). Relationship Mindfulness and Validation Skills Module: Treatment Manual for Use in DBT Group Skills Training or Family Skill Training. U. of Nevada.
- Fruzzetti, A. & Levensky, E. (2000). Dialectical behavior therapy for domestic violence: rationale and procedures. Cognitive and Behavioral Practice, *7*, 435-447.
- Linehan, M. M. (1994). Acceptance and change: the central dialectic in psychotherapy. In S. C. Hayes, N. S. Jacobson, V. M. Follette, & M. J. Dougher (Eds.), Acceptance and Change: Content and Context In Psychotherapy. (Pp. 73-86). Reno, NV: Context Press.
- Miller, A., & Rathus, J. H. & Linehan, M. M., Wetzler, S., & Leigh, E. (1997). Dialectical behavior therapy adapted for suicidal adolescents. Journal of Practical Psychiatry and Behavioral Health, *3*, 78-86.
- Pryor, K. (1999). Don't Shoot the Dog: The New Art of Teaching and Training. New York: Bantam Doubleday Dell Pub.
- Sanderson, C.J., (2003). DBT at a Glance. [www.behavioraltech.org](http://www.behavioraltech.org). Behavioral Tech. Seattle, Wa.