

Accelerating Therapy with DBT Interventions

Breakthrough Techniques with Your Toughest Clients

BRITT RATHBONE

Clinicians frequently struggle with clients who are “stuck”—miserable yet unwilling or unable to move forward. Dialectical behavior therapy (DBT) offers highly effective strategies for breaking logjams in therapy and increasing positive outcomes for tough challenges, such as threatening suicide, power struggles in therapy, nonadherence, and constantly shifting symptoms and problems. In this workshop, learn to focus clients on creating a “life worth living” and discover how to:

- Create movement and flow in therapy using both acceptance- and change-based strategies
- Use specific evidence-based tools to quickly engage clients in therapy and determine how best to target symptoms
- Harness the power of dialectics and experience the benefits of mindfulness-based interventions
- Use behavior chain analysis to understand the function of behavior and apply it to therapy to improve outcomes

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Learning Objectives:

1. Assess how to create discrepancy with values, goals, and behaviors to move therapy forward.
2. Appraise specific evidence-based tools to quickly engage clients in therapy and determine how best to target symptoms.
3. Determine how to develop skill with behavior chain analysis to understand the function of behavior and apply it to therapy to improve outcomes.
4. Demonstrate how to create movement and flow in therapy using both acceptance-based and change-based strategies.

Outline:

1. Learn how to create discrepancy with values, goals, and behaviors to move therapy forward.
 - a. Learn to quickly identify meaningful value-driven goals with clients.
 - b. Identify behaviors that clients engage in that get them stuck.
 - c. Effectively highlight conflict between behaviors and goals to jumpstart motivation to change.
2. Describe specific evidence-based tools to quickly engage clients in therapy and determine how best to target symptoms.
 - a. Establish appetitive long-term goals that resonate with clients and pull them towards meaningful change.
 - b. Translate long term goals into specific therapy tasks to bring about change.
 - c. Create a relationship between equals that engages client in the therapy process.
 - d. Develop an organized plan for targeting symptoms to maximize therapy effectiveness.
3. Recognize how to develop skill with behavior chain analysis to understand the function of behavior and apply it to therapy to improve outcomes.
 - a. Learn when to use a behavior chain analysis to collaboratively assess factors that reinforce problematic behaviors.
 - b. Increase willingness to target challenging behaviors by effectively and accurately identifying problematic behaviors and teaching effective replacement behaviors.
4. Describe how to create movement and flow in therapy using both acceptance-based and change-based strategies.
 - a. Apply acceptance-based strategies including validation and mindfulness in an effective manner to soothe clients and manage intense emotion dysregulation.

- b. Aggressively target change using problem solving, contingencies, skills training, exposure, and cognitive modification.
- c. Artfully use dialectical treatment strategies to break through power struggles, resistance, and treatment interfering behaviors.

References:

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