Dialectical Behavior Therapy Model

Adding mindfulness and self-regulation to treatment
DBT and Mindfulness

Presenter:

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Finding Joy in the Journey...
Training and Experience

- Master’s Degree from Spaulding University (1994)
- Fifteen years experience at Seven Counties
- Trained in Cognitive Behavioral Therapy through the Beck Institute
- DBT training includes workshops with Martha Woetter in Lexington, 3 day Mindfulness workshop with Marcia Linehan, co-led a DBT skills group and provided individual DBT therapy with a therapist trained at Behavioral Tech for 4 years.
- Currently in private practice.
Goals for the Workshop

- Participants will be able to identify key factors in using a DBT approach to substance abuse treatment.
- Participants will understand how the use of mindfulness can contribute to recovery, and learn 3 mindfulness techniques.
- Participants will understand the use of self-regulation techniques to support recovery and be able to identify 3 strategies to regulate emotions.
Key Factors in using a DBT approach

What are the most important elements To add to Cognitive Behavioral Therapy?
Key Factors in Using a DBT Approach

- The Dialectic
- Skills Based Approach
  - Mindfulness
  - Distress Tolerance
  - Emotion Regulation
  - Interpersonal Effectiveness
- Acceptance of Reality
How mindfulness contributes to recovery

Why do we even want to use mindfulness in substance abuse treatment?
Event

Thought

Feeling

Urge

Permission/ non-permission giving statements

Parachute moment

Action

Outcome

Event
States of Mind

- Emotional Mind
- Wise Mind
- Reasonable Mind
Three mindfulness Techniques

What are some ways to add mindfulness?
Learning a Few Ways to Add Mindfulness

- Through the breath
- Slowing down – focusing on the senses
- Staying in the moment
- (And meditation)
How Self-regulation techniques help

What is self-regulation and Why is it important in substance abuse treatment?
What is self-regulation?

- Emotional **self-regulation or regulation** of emotion is the ability to respond to the ongoing demands of experience with the range of emotions in a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions as well as the ability to delay spontaneous reactions as needed.
Three Strategies to Regulate Emotions

What are some ways to manage and calm feelings that can be overwhelming?
Self-Regulation

Self-regulation starts in infancy and we continue building skills in managing painful emotions through our life. We need two types of skills – ways to manage distress in the moment, and ways to – as Linehan says, “build a life worth living.” Both of those types of skills may be missing when someone is using drugs or alcohol as their main skill.
Self-Regulation

• Tolerating Distress:
  • Accepting, finding meaning for, and tolerating distress
  • Learning to bear pain skillfully
    • Distracting
    • Self-soothing
    • Improving the moment
    • Focusing on pros and cons.
Focus on Self-Soothing
with all five senses

- With **Vision:**

- Buy one beautiful flower; make one space in a room pretty; light a candle and watch the flame. Set a pretty place at the table, using your best things, for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of town. Fix your nails so they look pretty. Look at beautiful pictures in a book. Go to a ballet or other dance performance, or watch one on TV. Be mindful of each sight that passes in front of you, not lingering on any.
Focus on Self-Soothing
with all five senses

With **Hearing:**
Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling). Sing to your favorite songs. Hum a soothing tune. Learn to play an instrument. Call 800 or other information numbers to hear a human voice. Be mindful of any sounds that come your way, letting them go in one ear and out the other.
Focus on Self-Soothing
with all five senses

• With **Smell:**

• Use your favorite perfume or lotions, or try them on in the store; spray fragrance in the air; light a scented candle. Put lemon oil on your furniture. Put potpourri in a bowl in your room. Boil cinnamon; bake cookies, cake, or bread. Smell the roses. Walk in a wooded area and mindfully breathe in the fresh smells of nature.
Focus on Self-Soothing with all five senses

- With **Taste:**

- Have a good meal; have a favorite soothing drink such as herbal tea or hot chocolate (no alcohol); treat yourself to a dessert. Put whipped cream on your coffee. Sample flavors in an ice cream store. Suck on a piece of peppermint candy. Chew your favorite gum. Get a little bit of a special food you don't usually spend the money on, such as fresh-squeezed orange juice. Really taste the food you eat; eat one thing mindfully.
Focus on Self-Soothing
with all five senses

- With **Touch:**

- Take a bubble bath; put clean sheets on the bed. Pet your dog or cat. Have a massage; soak your feet. Put creamy lotion on your whole body. Put a cold compress on your forehead. Sink into a really comfortable chair in your home, or find one in a luxurious hotel lobby. Put on a silky blouse, dress, or scarf. Try on fur-lined gloves or fur coats in a department store. Brush your hair for a long time. Hug someone. Experience whatever you are touching; notice touch that is soothing.
Building a Life Worth Living

Reduce Vulnerability to Negative Emotions

- Treat Physical Illness
- Balance Eating
- Avoid mood-altering drugs
- Balance Sleep
- Get Exercise
- Build Mastery

Add Positives to Your Life

- Build Positive Experiences
  - Short-term
  - Long-term
  - Attend to relationships
  - Avoid avoiding
- Be Mindful of Positive Experiences
- Be Unmindful of Worries
Summary

- We looked at key factors in using a DBT approach to substance abuse treatment.

- We explored how the use of mindfulness can contribute to recovery, and learn 3 mindfulness techniques.

- We discussed the use of self-regulation techniques to support recovery and identified 3 strategies to regulate emotions.
Questions

That’s a lot of information to process.

• What stands out for you as helpful?

• What do you have questions about?

• What would you like to know more about?
Resources


