Fundamentals of Dialectical Behavior Therapy  
GSAPP, Course # 18:821:612:01  
Spring 2010

Instructor  
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Course time and location:  
Tuesdays 9:15am - 12:00pm; Room 307, Psychology, Busch Campus

Course Overview  
This course is designed to familiarize students with Dialectical Behavior Therapy (DBT), an evidence based psychosocial treatment initially developed for suicidal individuals with borderline personality disorder (BPD). Students will be taught the primary theories, principles, and strategies that inform DBT. Students will also become familiar with the latest research on DBT for BPD as well as adaptations for other populations. Lecture, demonstration, multimedia applications, and group discussion will be used as the primary teaching methods. DBT is a complex treatment with multiple facets. It is therefore not expected that a student will have full competence to deliver the treatment as a result of just this one course. However, this course will provide sufficient background and serve as a necessary prerequisite before using DBT in an applied setting.

Required Readings


Other required readings, in the form of journal or media articles, will be made available via Sakai.

To Purchase Books: directly from Guilford (50% student discount applicable during certain time periods): [http://www.guilford.com](http://www.guilford.com) Guilford Tel: (800) 365-7006 or [www.amazon.com](http://www.amazon.com) or Rutgers Bookstore

COURSE REQUIREMENTS

- Class Attendance and Participation (25%)  
- Practice Assignments (15%)  
- Final Exam (open book) (30%) (due 5/5)  
- Final Paper (30%) (due 5/11)
**Class Participation and Practice Assignments**
Active class participation is essential. It is critical that you come to class, on time, having completed all the reading and ready to actively participate. Your participation ensures that the class will be enriching to all of us and that you will successfully acquire knowledge of DBT. Participation includes in-class and outside-of-class assignments and exercises, including role-plays, as they relate to assessments, strategies, and techniques covered in the course material. It is important that you notify me when you anticipate being absent or as soon as possible after having missed a class.

**Final Exam**
A take-home (open book) final exam will be given to you on 4/27 to be completed and turned in by 5/5. This exam contains 75 questions and is a mixture of T/F, multiple choice, and short answer. You will be able to use all your materials when completing this exam.

**Final Paper**
You have considerable latitude as to what the paper may consist of, but it must deepen your knowledge of the science of DBT. An approximate length for the paper is 8-10 pages. The paper must reference at least eight empirical journal articles. The paper should be double spaced and written in APA 5th edition style. **Paper topics must be cleared with me by April 6th.** The following are just some examples of possible paper topics:

- A critical analysis of the empirical standing of DBT
- A comparison of DBT to one of three other treatments for BPD (schema-focused therapy, transference-focused therapy, mentalization based therapy)
- DBT case conceptualization of a particular client with BPD you are treating
- A review of the literature supporting (or failing to support) the biosocial theory
- Description and review of evidence for a DBT adaptation

Occasionally, information and announcements will be sent to you via email. It is therefore imperative that you check your email at least once every other day.

**SCHEDULE OF TOPICS AND READINGS (subject to change)**

1/19/10  **Course Overview, Introduction to Borderline Personality Disorder**

Linehan, M. M. (1993a), Chapter 1

1/26/10  **DBT Treatment Outcomes**

Dimeff & Koerner, Chapter 1


2/2/10  **Biosocial Theory: Emotion vulnerability transacting in and with an invalidating environment**

Linehan, M. M. (1993a), Chapter 2  

2/9/10  **Beginning Treatment: Assumptions, assessment, structure, & targets of treatment**

Linehan, M. M. (1993a), Chapters 4-6, 14  

2/16/10  **DBT Skills Training: Overview, Mindfulness and Distress Tolerance Skills**

Linehan, M. M. (1993b), Chapters 2-4, 6, 7, 10  

2/23/10  **DBT Skills Training: Interpersonal Effectiveness and Emotion Regulation**

Linehan, M. M. (1993b), Chapters 8, 9

3/2/10  **Change Strategies I: Behavioral Principles, Behavioral Assessment**

Linehan, M. M. (1993a), Chapter 9

3/9/10  **Change Strategies II: Behavioral Principles, Problem Solving**

Linehan, M. M. (1993a), Chapters 10 – 11

3/16/10  **No class – Spring Break**
3/23/10  Acceptance Strategies: Validation & DBT

Linehan, M. M. (1993a), Chapter 8

3/30/10  Dialectical and Other Strategies

Linehan, M. M. (1993a), Chapters 7, 12 & 13 (399-423)

4/6/10  Consultation Team


4/13/10  Crisis Protocols & Issues in Treating Suicidality

Linehan, M. M. (1993a), Chapter 15 (462-495)

4/20/10  No class (hours accounted for by December workshop)

4/27/10  DBT Adaptations: Inpatient, Families, Adolescents


5/4/10  DBT Adaptations: Substance Dependence, Eating Disorders, Depression and PD

Dimeff, L.A., & Koerner, K. (2007), Chapters 6-7, 10

Final Exam Due 5/5/10
Final Paper Due 5/11/10