Fundamentals of Dialectical Behavior Therapy  
GSAPP, Course # 18:821:612:01  
Spring 2012

Instructor  
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Course time and location:  
Tuesdays 9:15am - 12:00pm; Room 301, 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%)
- **Group Presentation** (30%) (4/24 or 5/1)
- **Final Paper** (30%) (due 5/3)
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.

Group Presentation
In groups of 3, you will be asked to provide a 35-45 minute presentation on one of six DBT adaptations (inpatient, families, adolescents, substance dependence, eating disorders, or depression) during one of the final two classes. In this presentation, you should provide details about the theoretical underpinnings of the adaptation, an overview of the differences between the adaptation and standard DBT, and a summary of existing research support. Bonus “points” will be given for the inclusion of experiential exercises that involve the class. Please include a well-articulated reference handout (1-2 pages) for the entire class on the DBT adaptation.

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 3rd. 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 (or emotion dysregulation)
- A review of the literature supporting (or failing to support) the biosocial theory
- A review of the literature supporting mindfulness as a primary intervention

The paper is due via Dropbox on Sakai by 5/3 at 5pm. Late papers will have points deducted.

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)

1/17/12 Course Overview, Introduction to Borderline Personality Disorder
Linehan, M. M. (1993a), Chapter 1

1/24/12 DBT Treatment Outcomes
Dimeff & Koerner, Chapter 1

1/31/12 **Biosocial Theory: Emotion vulnerability transacting in and with an invalidating environment**

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

2/7/12 **Beginning Treatment: Assumptions, assessment, structure, & targets of treatment**

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

2/14/12 **Change Strategies I: Behavioral Principles, Behavioral Assessment**

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

2/21/12 **Change Strategies II: Behavioral Principles, Problem Solving**

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

2/28/12 **Acceptance Strategies: Validation & DBT**

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

3/6/12 **Dialectical and Other Strategies**

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

3/13/12 **No class – Spring Break**
3/20/12 Consultation Team


3/27/12 Crisis Protocols & Issues in Treating Suicidality

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

4/3/12 DBT Skills Training: Overview & Mindfulness Skills

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

4/10/12 DBT Skills Training: Emotion Regulation Skills

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

4/17/12 DBT Skills Training: Interpersonal Effectiveness and Distress Tolerance Skills

Linehan, M. M. (1993b), Chapters 8, 10

4/24/12 DBT Adaptations: Inpatient, Families, Adolescents


5/1/12 DBT Adaptations: Substance Dependence, Eating Disorders, Depression and PD

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

Final Exam Due 4/24/12
Final Paper Due 5/3/12