Dialectical Behavior Therapy in Practice II  
GSAPP, Course # 18:821:614:01  
Spring 2015

Instructor  
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Course time and location:  
Monday 1:15 – 4:00pm  
Room A223, GSAPP

COURSE DESCRIPTION
This course focuses on the clinical application of Dialectical Behavior Therapy, an evidence-based treatment designed for individuals with borderline personality disorder and comorbid psychological disorders. Students learn how to conduct a multidimensional assessment using structured clinical interviews, generate a DBT case conceptualization, and implement DBT. Students will have a variety of opportunities to gain experiential practice that may include DBT individual therapy, co-therapy on a DBT case, rating videos of DBT sessions, and/or co-leading DBT skills training groups. The emphasis for experiential practice will be on developing adherence to the DBT model, maintaining fidelity to the model, and conducting outcomes and psychotherapy process assessment in clinical cases. Topics will focus primarily on adult cases. This course is part of a 1-2 year practicum experience.

LEARNING GOALS
Students will learn the practice of Dialectical Behavior Therapy (DBT), an evidence-based treatment for borderline personality disorder (BPD) and other disorders theorized to be problems of severe emotion dysregulation, within the context of a clinical research setting. Students will also learn and gain experience in diagnostic assessment of complex disorders, outcome monitoring, and the clinical practice of DBT in individual and/or group treatment.

REQUIRED READINGS

SUGGESTED TEXTS

Other required readings, in the form of journal or media articles, will be made available.
Grade:
25% Class participation
25% Out of class participation in assessments/clinical work
40% Assessment reports and case formulations
10% Timely paperwork

Schedule

1/26/15: Increasing competency in DBT strategies
Therapist video review


2/2/15: Skills Training Groups – new manual
Linehan (2015) – Chapters 1-5

2/9/15: “General” skills
Linehan (2015) – Chapter 6 and associated handouts and worksheets

2/16/15: Mindfulness Skills
Linehan (2015) – Chapter 7 and associated handouts and worksheets

2/23/15: Interpersonal Effectiveness Skills
Linehan (2015) – Chapter 8 and associated handouts and worksheets

3/2/15: Emotion Regulation Skills
Linehan (2015) – Chapter 9 and associated handouts and worksheets

3/9/15: Distress Tolerance Skills
Linehan (2015) – Chapter 10 and associated handouts and worksheets

3/16/15: No class (spring break); Team only
Dialectical Behavior Therapy Accepting the Challenges of Exiting the System (ACES) Manual

3/30/15: DBT-ACES Part II
Dialectical Behavior Therapy Accepting the Challenges of Exiting the System (ACES) Manual

4/6/15: Mechanisms of change in DBT


4/13/15: Comorbidity Topics I – Treating Depression
Student Presentation

4/20/15: Comorbidity Topics II – Treating Panic Disorder
Student Presentation

4/27/15: Comorbidity Topics III – Treating PTSD
Student Presentation


**5/4/15: DBT Dissemination and Implementation Topics I**


**5/11/15: DBT Dissemination and Implementation Topics II**
