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

Week 1: Increasing competency in DBT strategies

Therapist video review


Week 2: Skills Training Groups – new manual

Linehan (2015) – Chapters 1-5

Week 3: “General” skills

Linehan (2015) – Chapter 6 and associated handouts and worksheets

Week 4: Mindfulness Skills

Linehan (2015) – Chapter 7 and associated handouts and worksheets

Week 5: Interpersonal Effectiveness Skills

Linehan (2015) – Chapter 8 and associated handouts and worksheets

Week 6: Emotion Regulation Skills

Linehan (2015) – Chapter 9 and associated handouts and worksheets

Week 7: Distress Tolerance Skills

Linehan (2015) – Chapter 10 and associated handouts and worksheets

Week 8: DBT-ACES Part I

Dialectical Behavior Therapy Accepting the Challenges of Exiting the System (ACES) Manual

Spring Break – Team Only
Week 9: DBT-ACES Part II

Dialectical Behavior Therapy Accepting the Challenges of Exiting the System (ACES) Manual

Week 10: Mechanisms of change in DBT


Week 11: Comorbidity Topics I – Treating Depression

Student Presentation


Week 12: Comorbidity Topics II – Treating Panic Disorder

Student Presentation


Week 13: Comorbidity Topics III – Treating PTSD

Student Presentation


**Week 14: DBT Dissemination and Implementation Topics I**


**Week 15: DBT Dissemination and Implementation Topics II**


**Departmental and University Policies:**

Unless otherwise noted all formal written work should use the Style Sheet of the American Psychological Association. See: http://apastyle.apa.org/ (full access via Login to Rutgers University Libraries home page: http://www.libraries.rutgers.edu/)

Disabilities. Students with disabilities who qualify for reasonable accommodations may arrange for these through the Office of Disability Services, Kreeger Learning Center, 151 College Avenue; dfoffice@rci.rutgers.edu

Academic Integrity. Work submitted for this course must be your own. You are responsible for knowing and conforming to all professional and university standards. See: http://academicintegrity.rutgers.edu/students.shtml