

Spring 1-2003

PSYC 631.01: Dialectical Behavior Therapy

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Psychology 631: Dialectical Behavior Therapy
Syllabus
Spring Semester, 2003

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UNIVERSITY OF MONTANA
OFFICE OF THE PROVOST

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The purpose of this course is to provide training in Dialectical Behavior Therapy, a treatment originally developed for chronically suicidal/parasuicidal individuals meeting criteria for Borderline Personality Disorder, but now actively being applied to individuals with a range of diagnoses involving emotion regulation deficits. This is a complex treatment involving several modes (i.e. individual psychotherapy, group skills training, etc.), and is specifically designed for multi-problem clients (i.e. those having multiple diagnoses, and a variety of complicated life problems). The course will include readings, lecture, discussion, homework assignments, experiential exercises and viewing of videotape of DBT sessions.

Course expectations:

- 1) Attend all scheduled class periods
- 2) Do readings as assigned (see below)
- 3) Participate in class discussion, exercises, roleplays, etc.
- 4) Complete homework assignments and quizzes. We will have either a brief quiz or homework exercise to hand in each week.
- 5) Complete case conceptualization paper assignment.
- 6) Complete final exam. The final exam will be take-home, open-book.
- 7) Practice DBT core mindfulness skills daily; Write a 5-page, double-spaced paper reflecting on your experiences with mindfulness practice during the semester, incorporating thoughts based on your reading of Thich Nhat Hanh. This paper can be written in the form of a journal if you choose.

Grading

Grades will be based on the following:

- 1) Class participation: 20% of final grade
- 2) Case conceptualization paper: 20% of final grade
- 3) Quizzes and homework exercises: 20% of final grade
- 4) Final exam: 20% of final grade
- 5) Mindfulness paper: 10%
- 6) Quiz on behavior therapy principles: 10%

93-100% = A
85-92% = B
< 85 = C
Pass = > 85

Primary reading materials:

- 1) Linehan, M.M. (1993a). Cognitive-behavioral treatment of borderline personality disorder. New York: Guilford.
- 2) Linehan, M.M. (1993b). Skills training manual for treating borderline personality disorder. New York: Guilford.
- 3) Goldfried, M.R. & Davison, G.C. (1994). Clinical behavior therapy, expanded edition. New York: John Wiley & Sons.
- 5) Reading packet (see attached reading list).
- 6) Hanh, T.N. (1976) *The miracle of mindfulness: A manual on meditation*. Boston: Beacon Press. (NOTE: If you have already read this book, I'd like you to choose an alternate book on mindfulness. Options are listed on the attached sheet. Please consult with me about your choice.)

Schedule

Week 1- 1/27/03

Topics: Orienting and introduction to the course; Why learn DBT?
Research on the efficacy of DBT; Development and overview of DBT.

Week 2 - 2/3/03

Topics: 1) Overview of DBT (cont.) 2) BPD: History of BPD diagnosis; Symptoms associated with the disorder; Theories of the etiology of BPD.
3) DBT Mindfulness Skills
Reading: Linehan (1993a) chapter 1
DSM-IV BPD criteria (Read; memorize 9 symptoms)

WEEKEND WORKSHOP – Saturday – Sunday, February 8-9

Topics: 1) Biosocial theory, 2) Dialectical dilemmas, 3) Structuring treatment: Stages, targets, functions, modes & assumptions; 4) Theories/systems of thought informing DBT: dialectics, zen and behavioral theory.

Reading: Linehan (1993a) chapters 2, 3, 4

Skills training module 1: Core mindfulness skills (Skills manual chapter 7)

Week 3 – 2/10/03

Topics: Overview of treatment strategies; the therapeutic relationship in DBT; Orienting and commitment strategies; Conducting pre-treatment sessions

Reading: Linehan (1993a) chapters 5, 6; chapter 7 (pp 199-205); chapter 9 (pp 281-291); chapter 14 (pp 437-453)

Week 4 - 2/17/03

NO CLASS

Reading: Linehan, Armstrong, et. al. (1991); Scheel (2000); Swenson (2000); Koerner & Dimeff (2000); Linehan (2000)

Week 5 – 2/24/03

Topics: Validation

Reading: Linehan (1993a) chapter 8

Week 5 – 2/24/03

Topics: Validation; Overview of change strategies, Behavioral & solution analysis, Insight strategies

Reading: Linehan (1993a) chapters 9 (pp. 250-281)

Week 6 - 3/3/03

Topics: Change strategies (cont.): Contingency management, Observing limits.

Reading: Linehan (1993a) chapter 10; Chapter 15 section on Therapy-Interfering Behavior Strategies

Complete Goldfried & Davison by today. Quiz on behavior therapy principles.

Week 7 - 3/10/03

Topics: Change strategies (cont.): Skills Training, Exposure-based, Cognitive modification.

Reading: Linehan (1993a) chapter 11

Skills training: Emotion regulation skills (Read skills manual chapter 9)

Week 8 - 3/17/03

Topic: Running DBT skills groups

Reading: Skills manual chapters 2, 3, 4, 6

Skills training: Distress tolerance skills (Read skills manual chapter 10)

SPRING BREAK 3/ 23/ 03-3/ 30/ 03

Week 9 - 3/31/03

Topics: Telephone consultation strategies; Skills coaching

Reading: Linehan (1993a) Chapter 15 sections on Crisis Strategies, Telephone Strategies, Ancillary treatments

Week 10 - 4/7/03

Topics: Dialectical strategies; Stylistic Strategies

Reading: Linehan (1993a) chapter 15 (pp 205-220); chapter 12; TBA

Week 11 - Monday, 4/14/03

Topic: Consultation team

Reading: Linehan (1993a), chapter 13 (pp 423-434)

Skills training: Interpersonal effectiveness skills (Read skills manual chapter 8)

Week 13 - 4/28/03

Topics: Consultation team (cont.); Case management strategies: consultation to the patient and environmental intervention strategies

Reading: Linehan (1993a), chapter 13 (pp 399-421); TBA

Week 14 - 4/5/03

Topic: Suicide protocol, psychiatric hospitalization; Adaptations of DBT to other populations

Reading: Linehan (1993a) chapter 15 section on Suicidal Behavior Strategies; TBA