



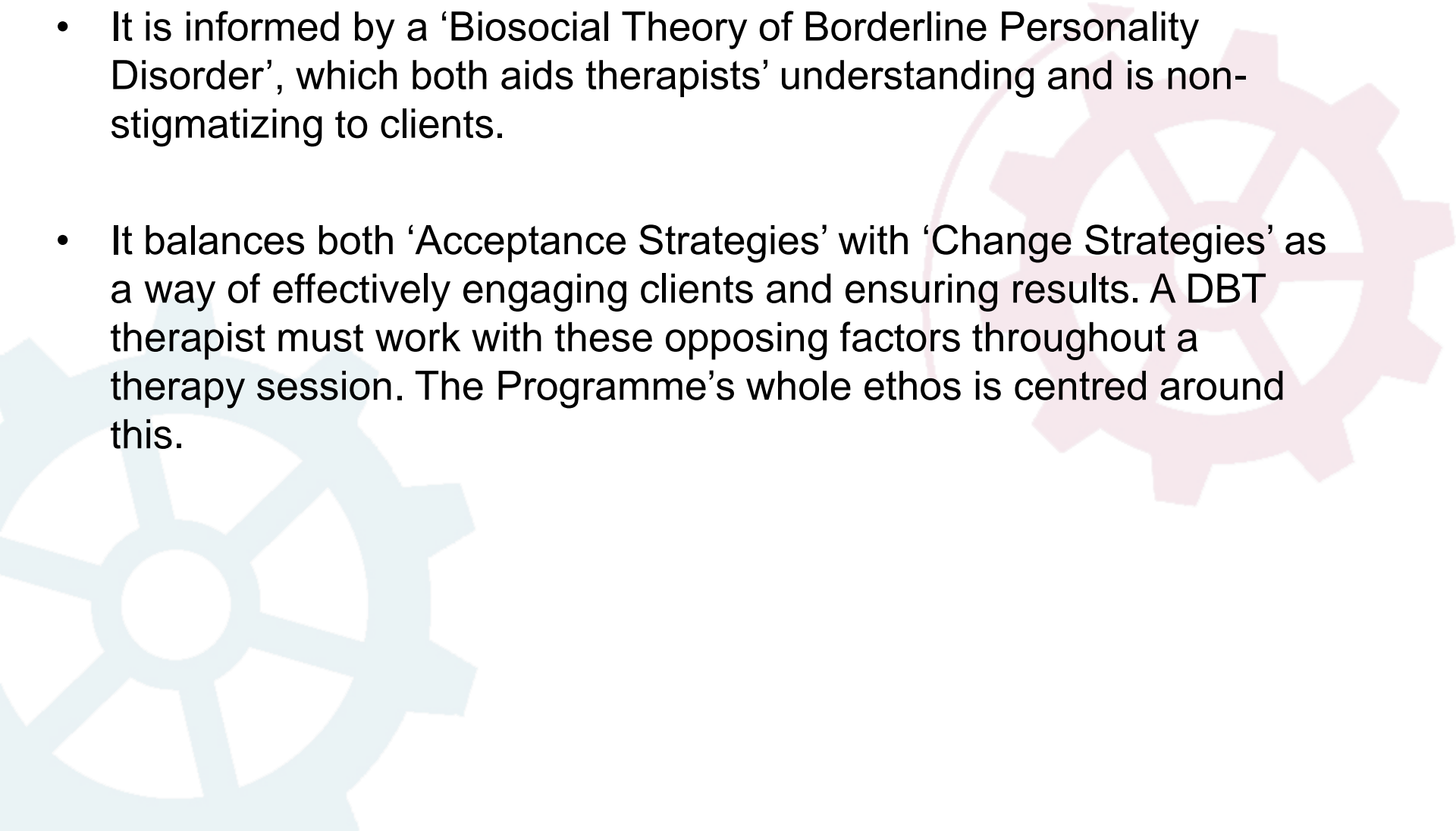
The Dialectical Behaviour Therapy Service

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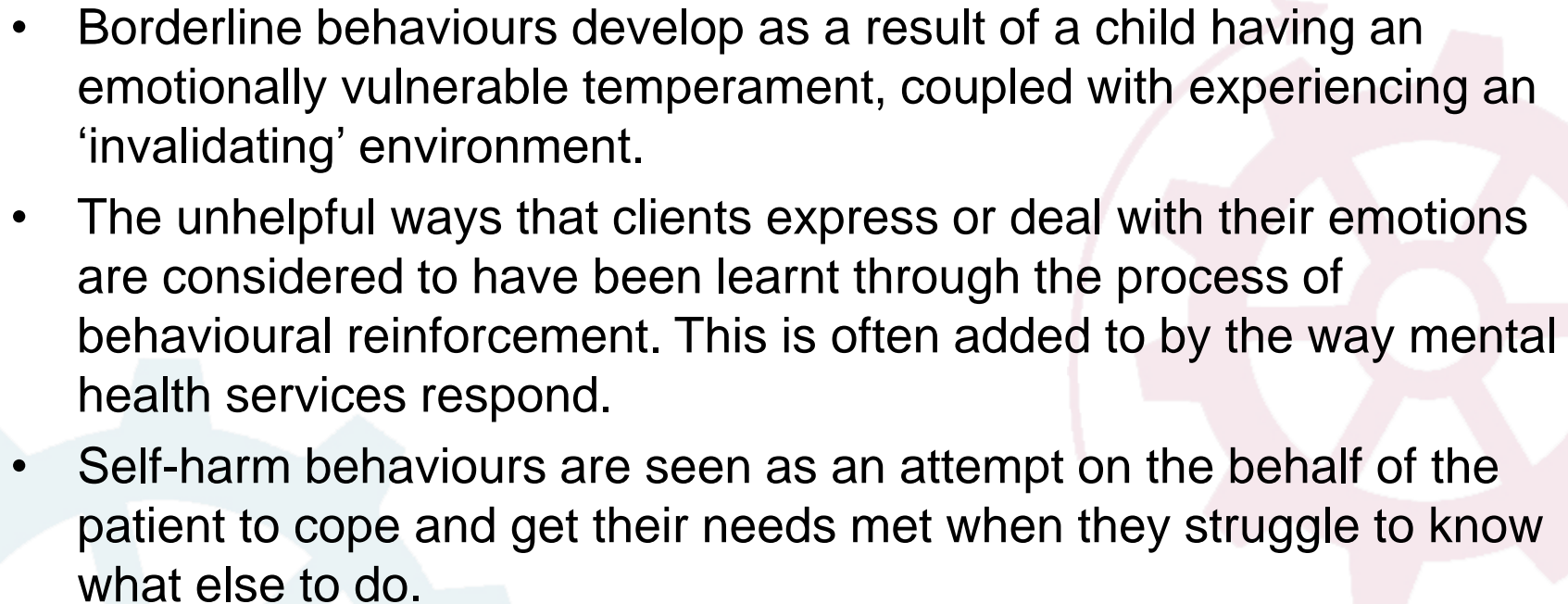
What is DBT ?

- DBT is a highly intensive community programme aimed at effectively treating client's with Borderline Personality Disorder. It is known to be particularly effective at reducing self-harm.
- Its founder is a Clinical Psychologist from the States, Marsha Linehan. DBT is a considerably modified form of CBT, which over 20 years of research, she found to be more effective with this client group.
- It operates under the 'shared model of care', i.e. is run by a MDT of DBT trained therapists (currently 5 of us).

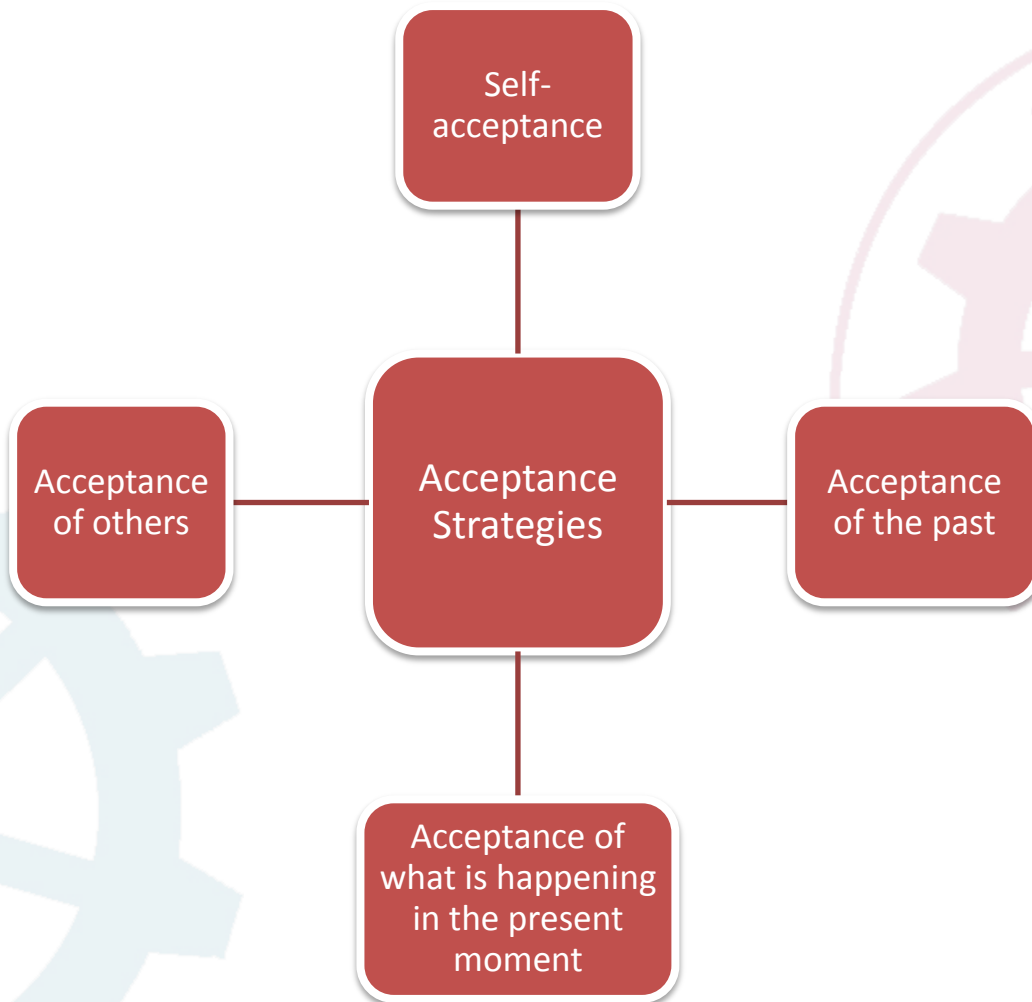
Principles of the DBT Model

- It is informed by a 'Biosocial Theory of Borderline Personality Disorder', which both aids therapists' understanding and is non-stigmatizing to clients.
 - It balances both 'Acceptance Strategies' with 'Change Strategies' as a way of effectively engaging clients and ensuring results. A DBT therapist must work with these opposing factors throughout a therapy session. The Programme's whole ethos is centred around this.
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The Bio-Social Model of BPD

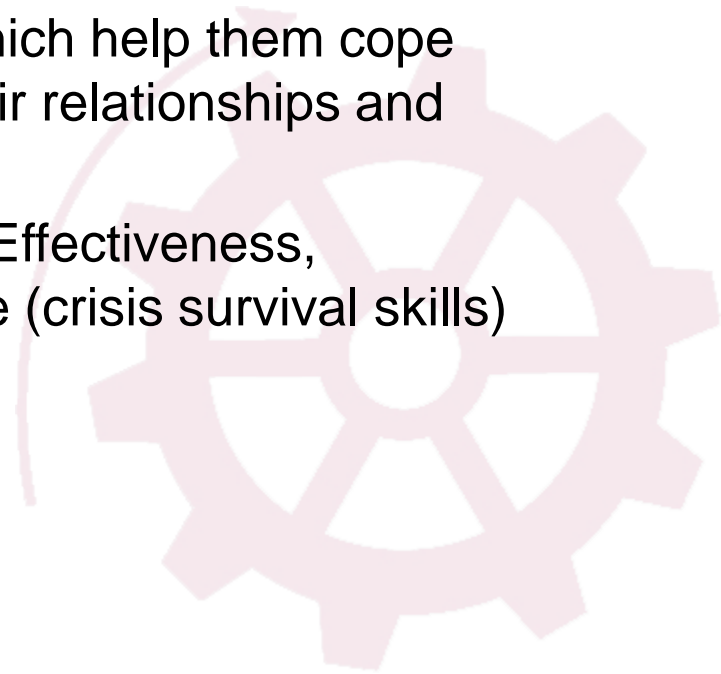
- Borderline behaviours develop as a result of a child having an emotionally vulnerable temperament, coupled with experiencing an 'invalidating' environment.
 - The unhelpful ways that clients express or deal with their emotions are considered to have been learnt through the process of behavioural reinforcement. This is often added to by the way mental health services respond.
 - Self-harm behaviours are seen as an attempt on the behalf of the patient to cope and get their needs met when they struggle to know what else to do.
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Acceptance Strategies



Change Strategies

- Teaching clients four CORE LIFE SKILLS which help them cope better with their emotions, their thoughts, their relationships and what to do when they are in crisis
- These skills are, Mindfulness, Interpersonal Effectiveness, Emotional Regulation and Distress Tolerance (crisis survival skills)
- Cognitive therapy

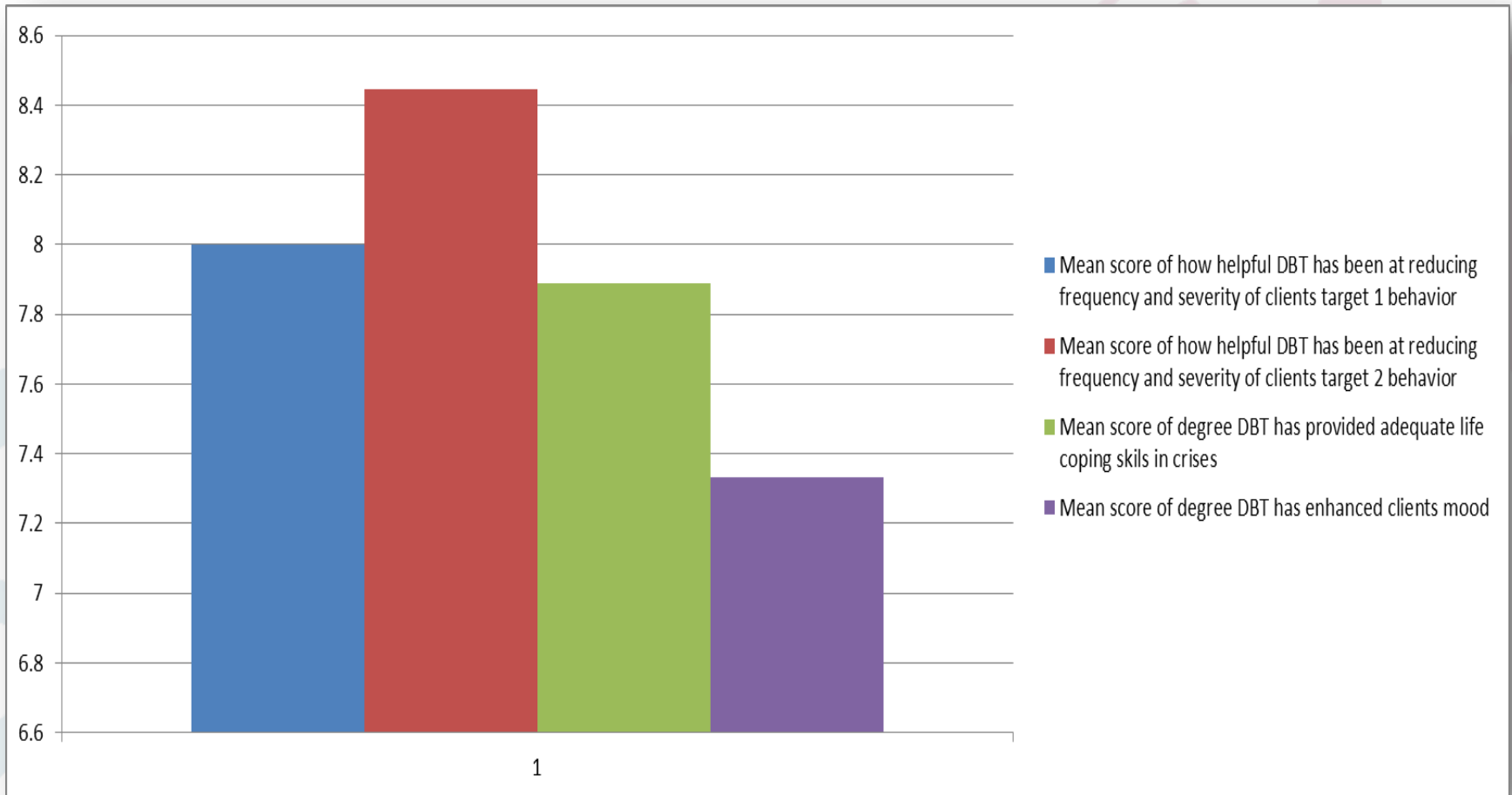


What does DBT involve?

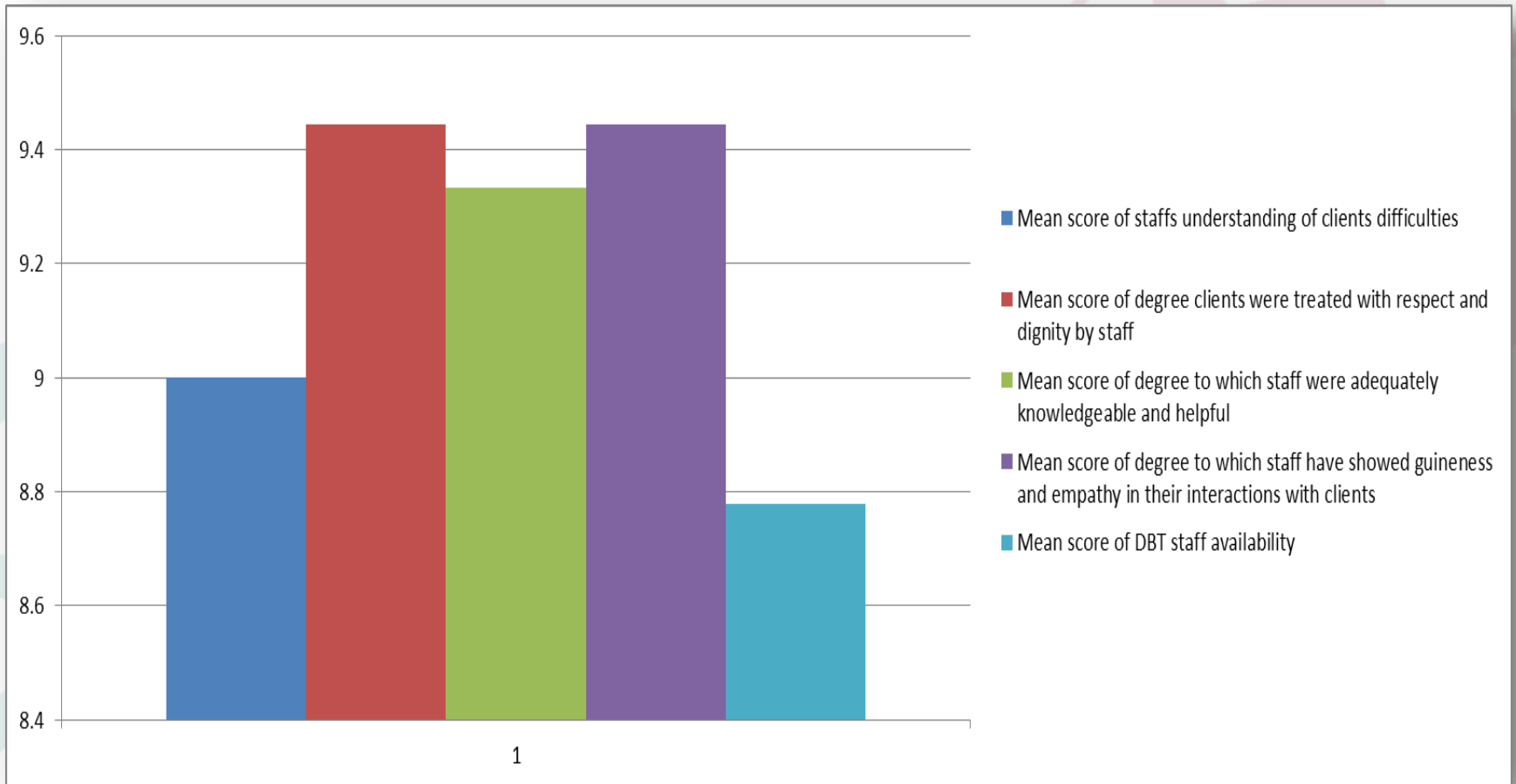
- Individual Therapy - once a week therapy with a DBT trained therapist
- Skills Training Group - once a week for 2.5 hours
- Telephone coaching
- Contracts, clear discharge criteria
- Weekly Staff Consultation Meeting



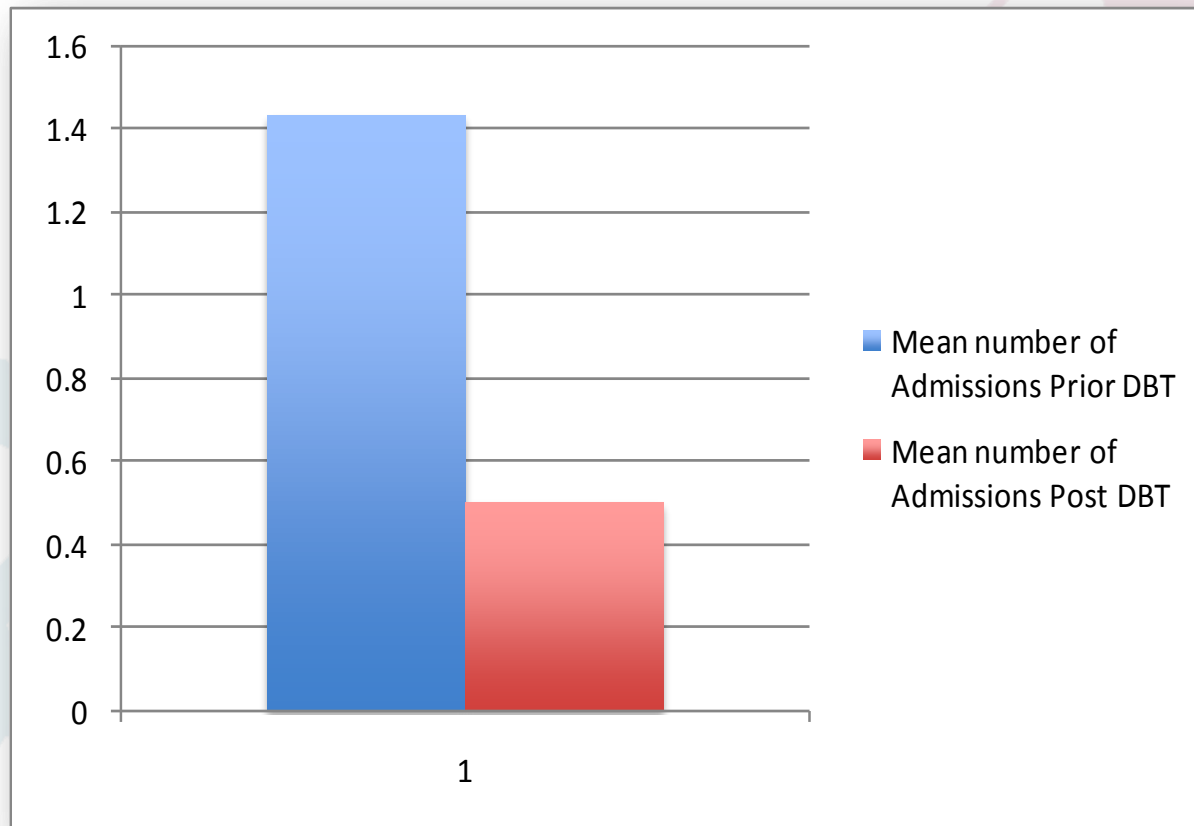
Results of Mean Scores from Post Questionnaires only (Patients' perceptions of DBT's effectiveness in reducing Target Behaviours, in providing life coping skills & enhancing their overall mood).



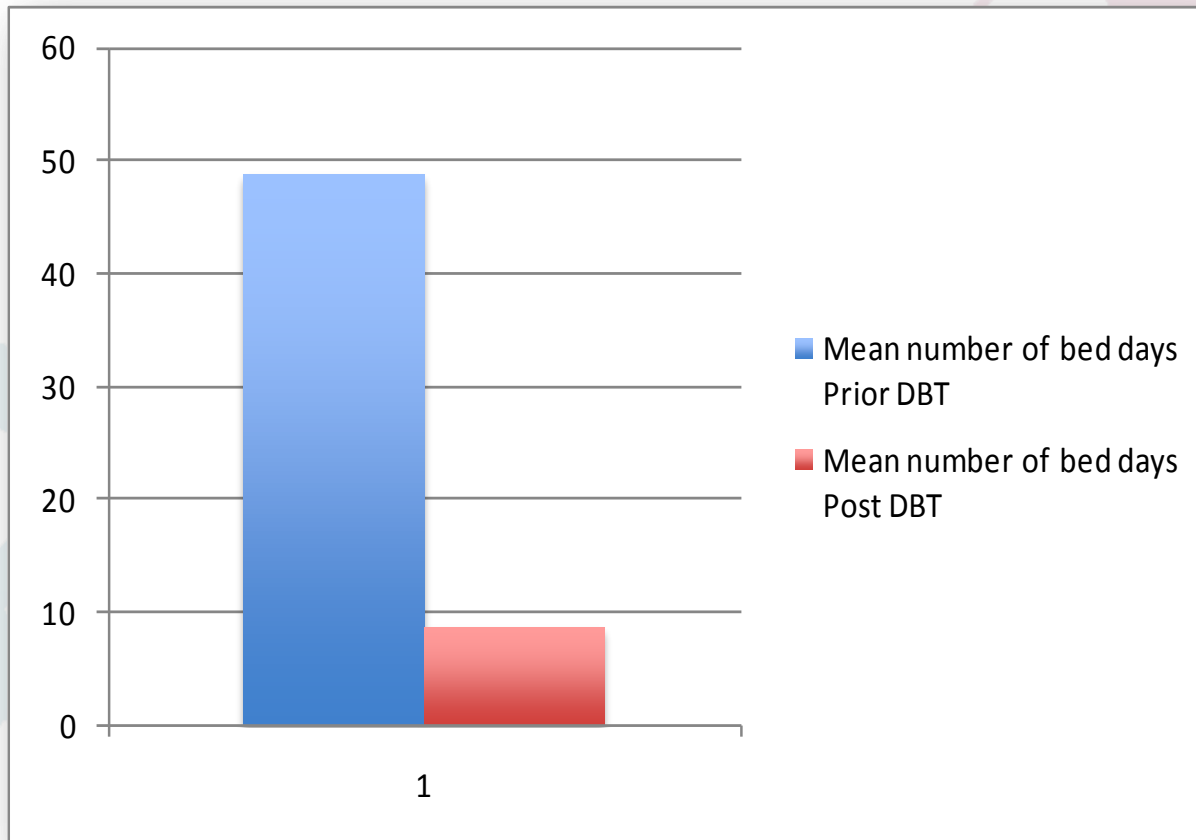
Post Questionnaire data showing Mean scores of Patients' perceptions of Staff involved in their treatment.



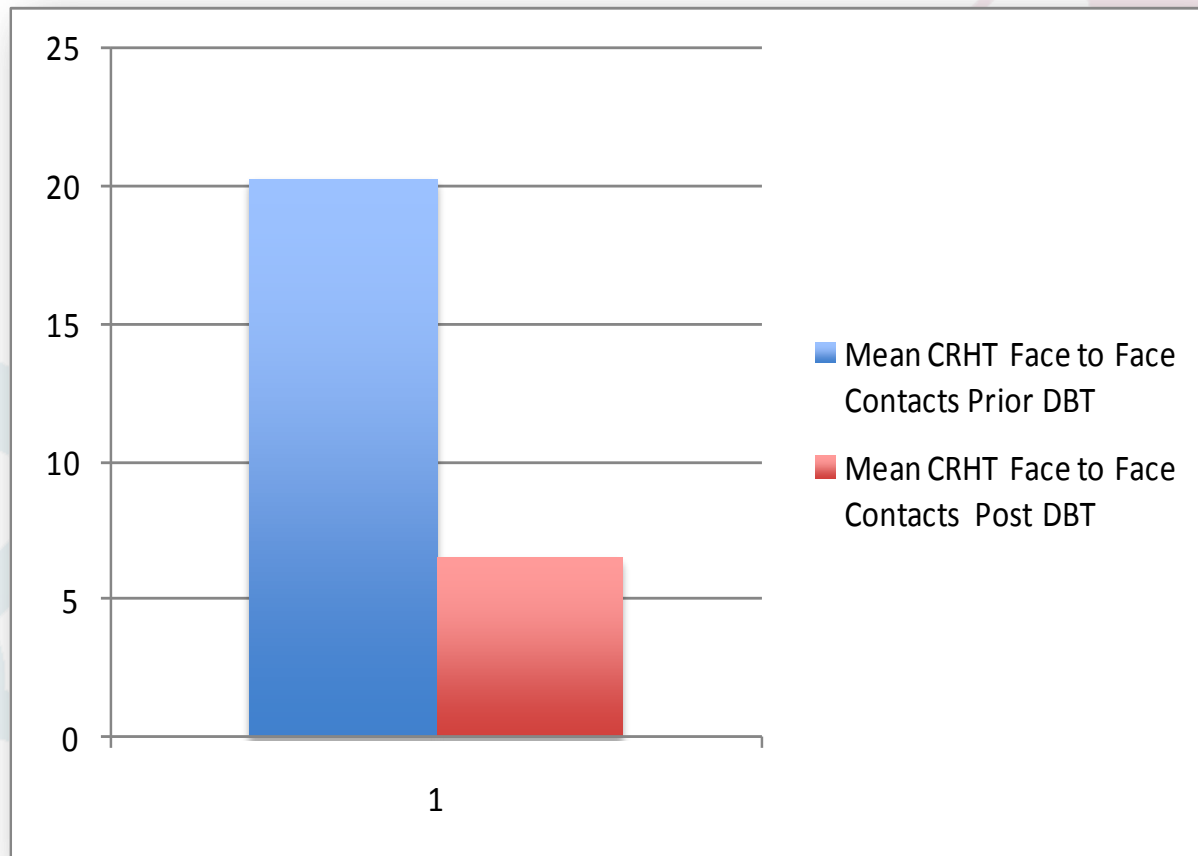
Mean number of In-patient Admissions 2yrs prior to entering DBT and Mean number of Admissions following the commencement of Treatment



Mean number of Bed Days prior to Treatment and Mean number following the commencement of Treatment.



Mean number of CRHT Face to Face Contacts Prior to DBT compared to after commencement of treatment.



Mean number of CRHT non face to face contacts 2yrs prior to DBT compared to after the commencement of treatment.

