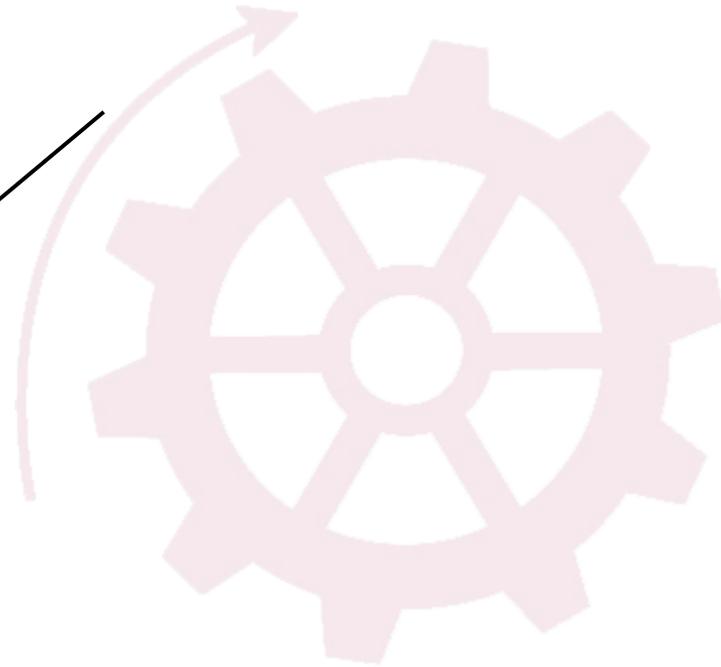
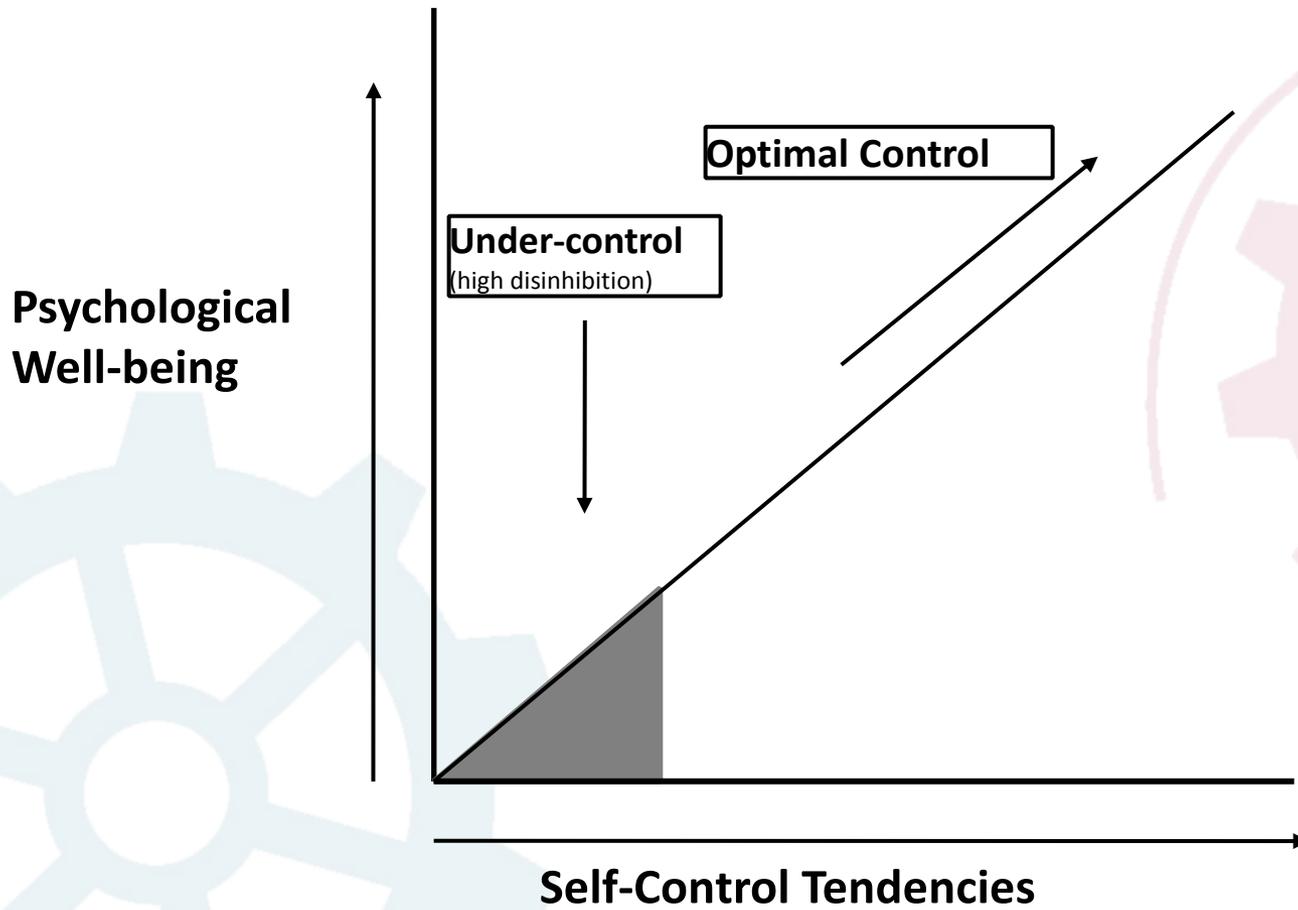




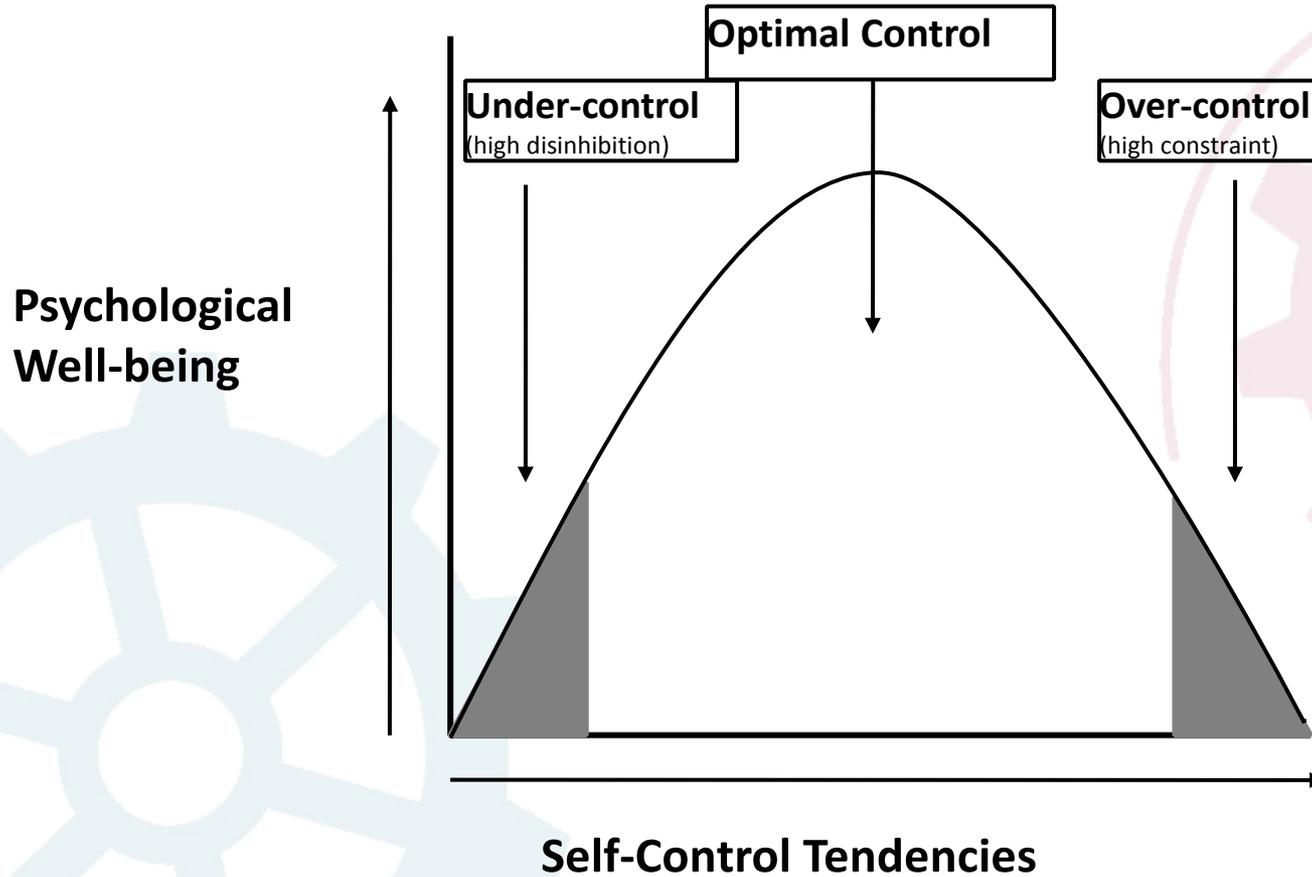
An Introduction to Radically Open-Dialectical Behaviour Therapy (RO-DBT) for Disorders of Over-control

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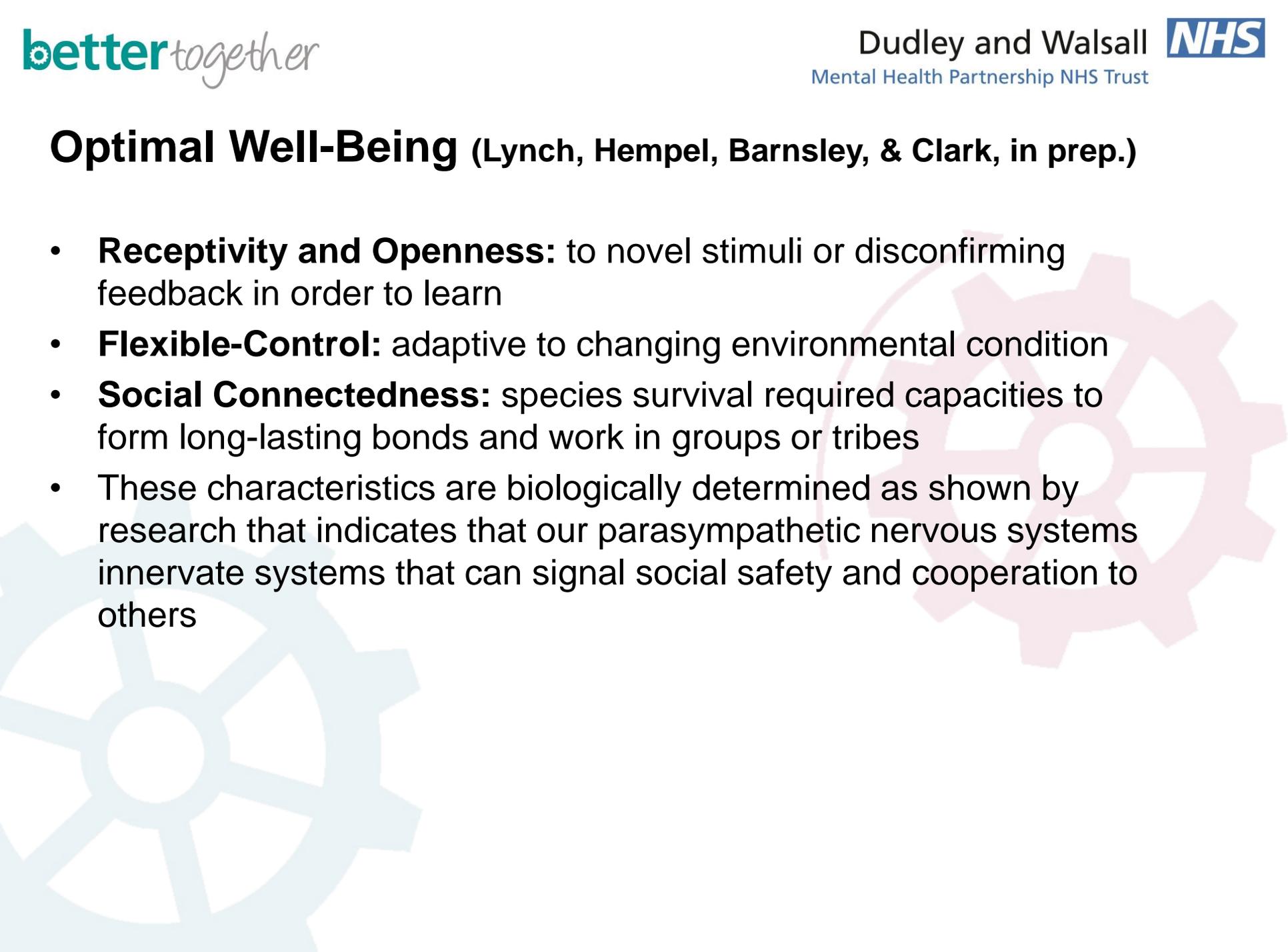
Self-Control Tendencies



Self-Control Tendencies



Optimal Well-Being (Lynch, Hempel, Barnsley, & Clark, in prep.)

- **Receptivity and Openness:** to novel stimuli or disconfirming feedback in order to learn
 - **Flexible-Control:** adaptive to changing environmental condition
 - **Social Connectedness:** species survival required capacities to form long-lasting bonds and work in groups or tribes
 - These characteristics are biologically determined as shown by research that indicates that our parasympathetic nervous systems innervate systems that can signal social safety and cooperation to others
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Defining Over-control:

Three core deficits

Receptivity and openness

- manifested by high risk aversion, avoidance of novelty and automatic discounting of critical feedback

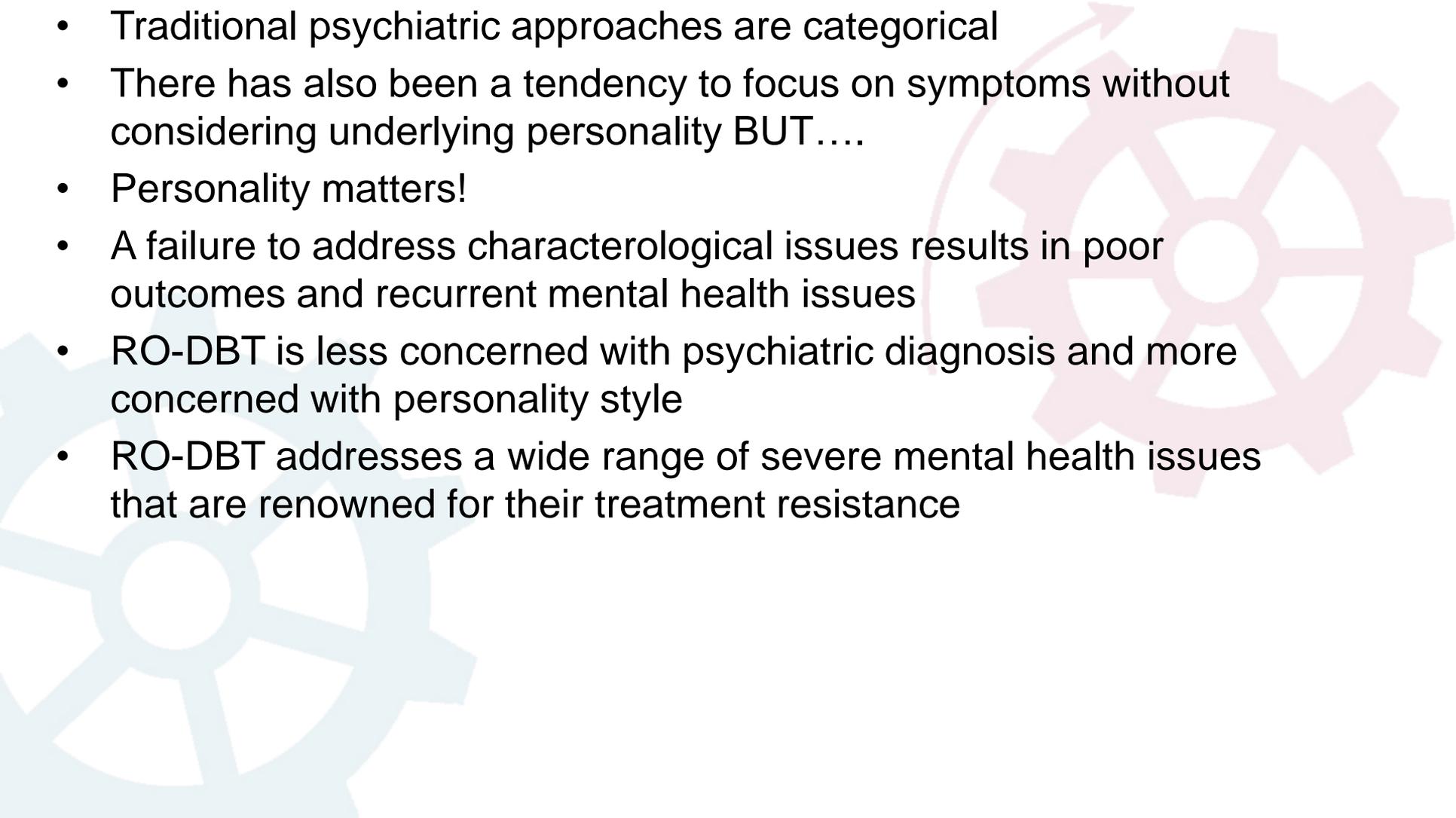
Emotional awareness and expression

- manifested by minimisation of distress, inhibited expression and/or disingenuous expression (e.g., smiling when distressed)

Forming intimate relationships

- manifested by aloof/distant relationships and low empathy/validation skills

Trans-diagnostic Approaches

- Traditional psychiatric approaches are categorical
 - There has also been a tendency to focus on symptoms without considering underlying personality BUT....
 - Personality matters!
 - A failure to address characterological issues results in poor outcomes and recurrent mental health issues
 - RO-DBT is less concerned with psychiatric diagnosis and more concerned with personality style
 - RO-DBT addresses a wide range of severe mental health issues that are renowned for their treatment resistance
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The Self-Control Dialectic

Under-controlled (UC)

Emotionally Disregulated and Impulsive

- Borderline PD
- Antisocial PD
- Binge-Purging Eating Disorders
- Conduct Disorders
- Histrionic PD
- Narcissistic PD
- ADHD
- Bipolar Disorder
- Externalising Disorders

Over-controlled (OC)

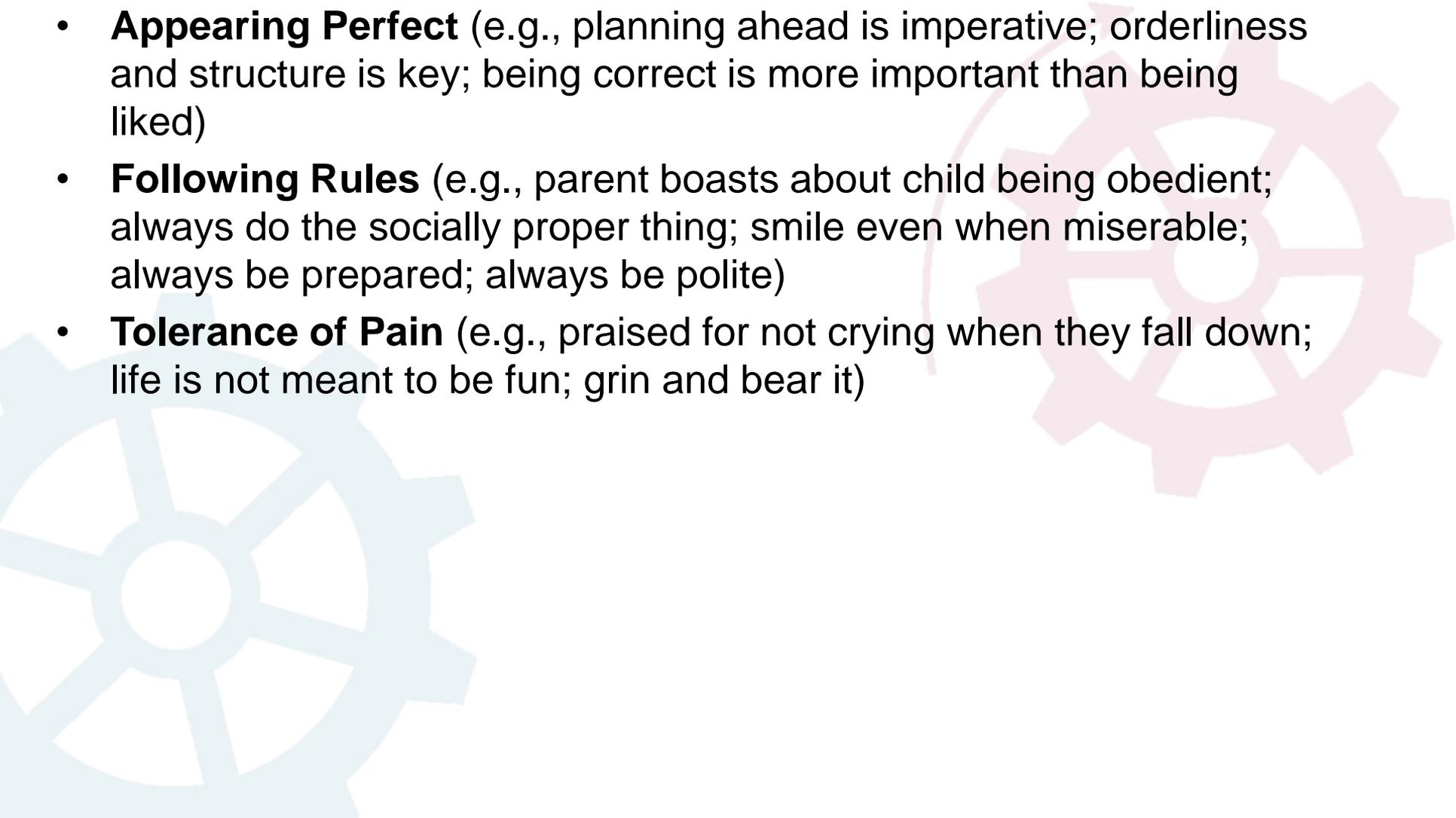
Emotionally Constricted and Risk-Averse

- Obsessive Compulsive PD
- Paranoid PD
- Avoidant PD
- Anorexia Nervosa (restrictive)
- Chronic Depression
- Autism Spectrum Disorders
- Treatment Resistant Anxiety
- Internalising Disorders

Environment Punishes

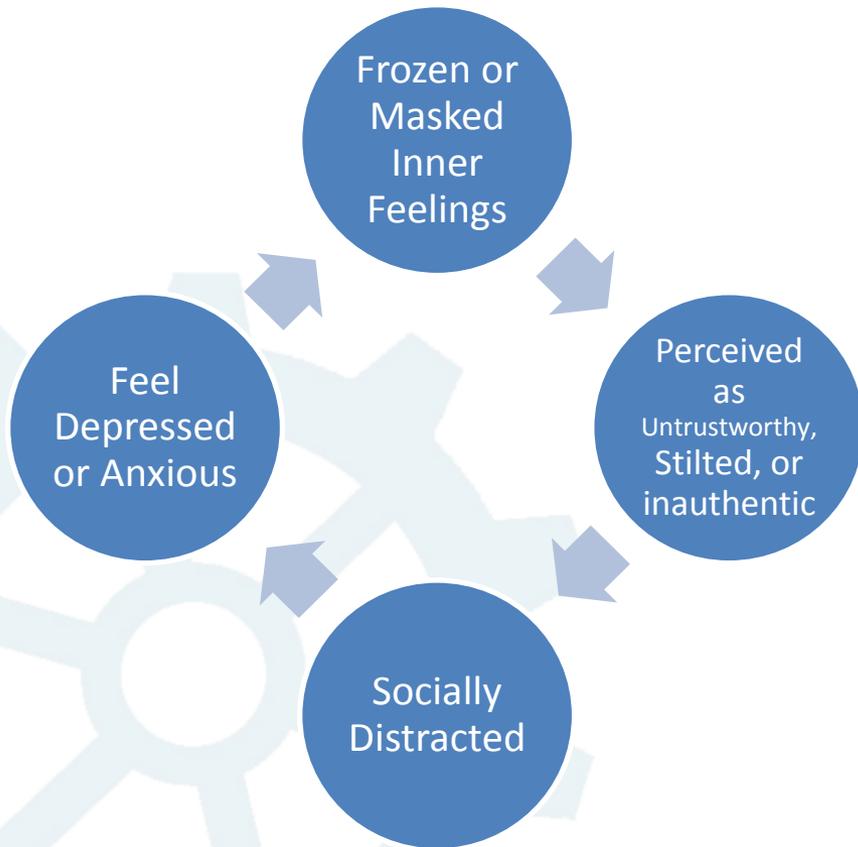
- **Being imprecise or making a mistake** (e.g., describing something in a vague manner; using an incorrect word; being unprepared; not having an answer)
- **Self-initiated behaviours** (e.g., acting silly; eating chocolate at breakfast; stating an unpopular or unique opinion; standing out in a crowd; dancing with abandon)
- **Displays of emotion** (e.g., crying about Bambi; complainers and whiners are weak and selfish; life is tough – get over it; stop crying and get back to work; never let them see you sweat)
- **Requests for nurturance** (e.g., asking for a hug or understanding; love is fake and romance is for fools; dependence means your weak; aloofness is normal)

Environment Rewards

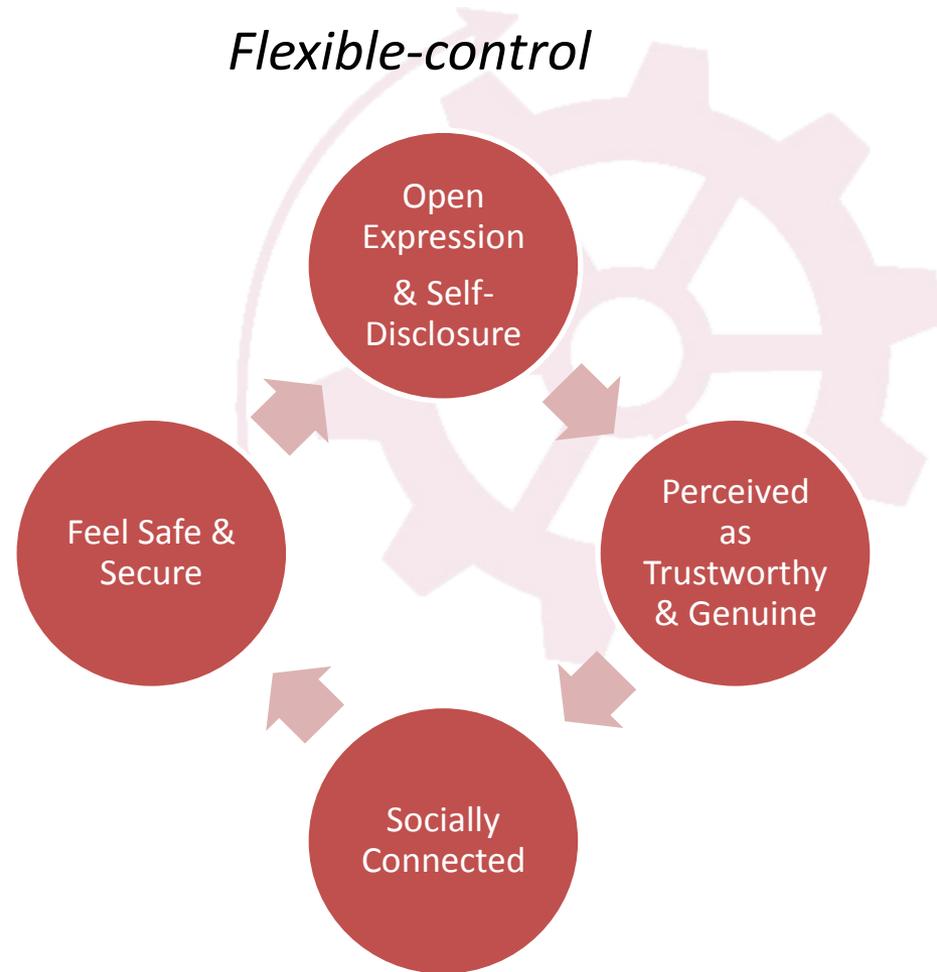
- **Appearing Perfect** (e.g., planning ahead is imperative; orderliness and structure is key; being correct is more important than being liked)
 - **Following Rules** (e.g., parent boasts about child being obedient; always do the socially proper thing; smile even when miserable; always be prepared; always be polite)
 - **Tolerance of Pain** (e.g., praised for not crying when they fall down; life is not meant to be fun; grin and bear it)
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A novel mechanism of change: Open Expression = Trust = Social Connectedness

Over-control



Flexible-control



RO-DBT Treatment Plan

RO-DBT is a 29-week programme that tackles OC by addressing the 5 OC themes, namely:- Inhibited emotional expression, caution and over-vigilance, rigid behaviour, aloof and distant relationships, and envy and bitterness. The following skills modules are taught in a weekly class...

Behaviours to Increase	Behaviours to Decrease
<p><i>Core Mindfulness</i> (2 weeks)</p> <p>➔</p>	<p>Rigidity and rule governance Imperative of correctness Compulsivity</p>
<p><i>Interpersonal Effectiveness</i> (6 weeks)</p> <p>➔</p>	<p>Aloofness and distance Inability to appear vulnerable</p>
<p><i>Emotion Regulation</i> (6 weeks)</p> <p>➔</p>	<p>Masking inner feelings Envy and bitterness</p>
<p><i>Distress Tolerance</i> (1 week)</p> <p>➔</p>	<p>Self-care neglect High personal need for structure</p>
<p><i>Radical Openness (new)</i> (8 weeks)</p> <p>➔</p>	<p>Low openness Avoid risk and novelty Disregard feedback High distrust and suspicion Low validation of others Deficient forgiveness and compassion</p>