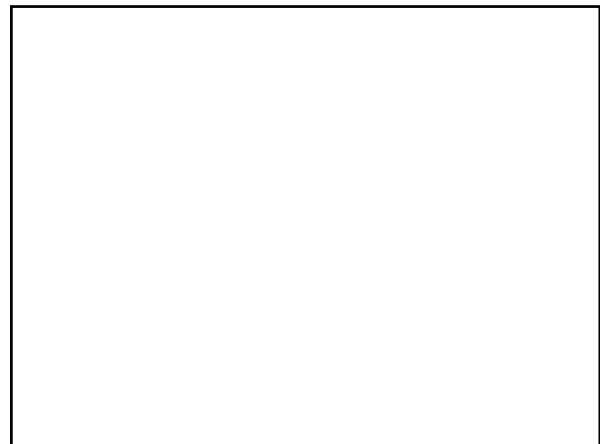




Integrating DBT with the Twelve Steps

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Objectives

- Discuss key concepts of DBT and TSF
- Compare stages and targets of DBT with Twelve Step philosophy
- Review 4 modules from Integrating DBT with the Twelve Steps workbook and practice a sampling of the skills

Center for Dependency Addiction and Rehabilitation (CeDAR)


- Gender-specific 30 day inpatient residential treatment
- Residential extended care
- Specializing in co-occurring diagnoses
- Gambling and Sex Addiction
- Professional's Program
- Family Program

Why use DBT?

- Treatment for multi-disordered individuals with persistent and severe problems
- Extensive evidence based research: Combines a scientific, objective approach with compassion
- ***Can be found throughout 12-step literature and supports 12-step philosophy***

Dialectical Synthesis: The Middle Path

- A dialectical lifestyle reflects balanced behavioral patterns:
 - **Balanced actions**
 - **Balanced emotions**
 - **Balanced cognition**





DBT Stages of Treatment

Pre-treatment	Commitment & Agreement
Stage 1 Severe behavioral dyscontrol	Outcome Behavioral control
Stage 2 Quiet desperation	Outcome Non-anguished emotional experiencing
Stage 3 Problems in living	Outcome Ordinary happiness & unhappiness
Stage 4 Incompleteness	Outcome Capacity for joy and freedom

Targets of DBT/12 Step Philosophy

- **Emotion Dysregulation**
Affective lability & problems with anger
- **Internal unmanageability**
"Emotional volatility is often one of the most obvious ways in which we can identify personal unmanageability" (NA workbook, p 4)


- **Interpersonal Dysregulation**
Chaotic relationships & fears of abandonment
- *"The alcoholic is like a tornado, roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil" (AA, p 82).*

- **Self Dysregulation**
Identity disturbances, confused sense of self
Sense of emptiness
- *"We were constantly searching for the answer. That person place or thing that would make everything alright" (NA, p 5).*

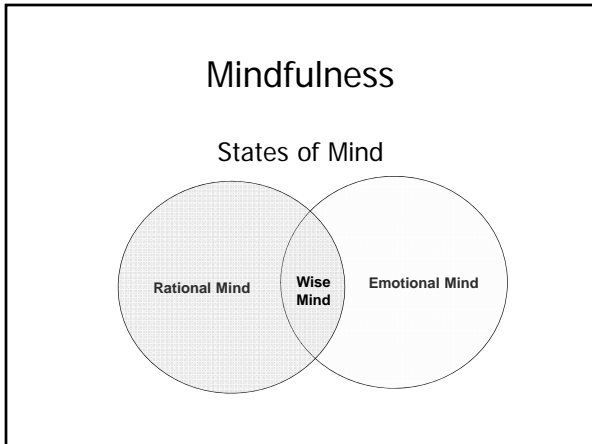
- **Cognitive Dysregulation**
Dissociative responses and/or paranoid ideation
- *We were prisoners of our own mind and condemned by our own guilt" NA, p 7).*

- **Behavioral Dysregulation**
Intentional self harm and impulsive behaviors
- *"Any life run on self-will can hardly be a success. On that basis, we are almost always in collision with somebody even though our motives are good" (AA, p60).*

- ### Integrating Dialectical Behavior Therapy and the Twelve Steps
- Innovative individual and group programming
 - Facilitator Guide
 - Session Guides
 - Four Skills Modules
 - Twenty Group Sessions (60-90 minutes in length)
 - Participant Worksheets
 - Seventy-nine worksheets
 - CD for Worksheet duplication

- ### Skills Group Structure
- Introductions
 - Mindfulness warm up exercise
 - Review assignment from previous week
 - Teach/practice new skills
 - Discuss new assignment
 - Circle up
- 

- ### Workbook Modules
- Mindfulness
 - Distress Tolerance
 - Interpersonal Effectiveness
 - Emotion Regulation



- "You can't think your way into right living, but you can live your way into right thinking"*
- States of Mind
 - Big Book, pg 26 _____ Mind
 - Big Book, pg 36 _____ Mind
 - NA, pg 87 _____ Mind

Mindless Living Exercise



Mindfulness



Distress Tolerance *"Pain is inevitable, misery is optional"*

- Wise Mind ACCEPTS
- Self Soothe the Five Senses
- PROMISE
- Radical Acceptance

Wise Mind ACCEPTS

- Activities
- Contributing
- Counting Your Blessings
- (Opposite) Emotions
- Pushing Away
- Thoughts
- Sensations

Self-Soothe with the Five Senses

- Explore patient's experience with self soothing
- Brainstorm self soothing approaches used in the past
- Introduce new self soothing activities
 - Aromatherapy
 - Hot showers and baths
 - Yoga/exercise
 - Walking meditation



"For some reason, despite the resources available to me growing up, I developed into an adult woman terrified of the world around me. I was extremely insecure, though I was careful to hide this fact. I was unable to handle and understand my emotions; I always felt as if everyone else knew what was going on and what they were supposed to be doing. ... When I was drinking, I was okay. I understood. Everything made sense. I could dance, talk, and enjoy being in my own skin" (AAWS, p 319-320).

PROMISE

- Prayer
- Relaxation
- One Step at a Time
- Meaning
- Imagery
- Seek Guidance
- Encouragement

Accepting Reality

- Radical Acceptance
- Turning the mind
- Willingness vs Willfulness

Interpersonal Effectiveness

- Distortions, Absolutes & Stories
- Mutual Purpose, Mutual Respect
- SHARE and DEAR MAN

SHARE

- **Situation- what is the situation?**
- **Honest expression of feelings**
- **Admit when you're wrong**
- **Remember past performance & present behavior**
- **Emphasize spiritual principles**

Emotion Regulation

- (smooth) SAILING
- SERENITY

(smooth) SAILING

- **Stop & recognize your emotions**
- **Acknowledge its affect**
- **Improve with spiritual principles**
- **Let go**
- **Identify successes**
- **No needless judging**
- **Gratitude**

SERENITY

- **S**low thoughts
- **E**ffective behavior
- **R**elax and breathe
- (stay grounded in your) **E**nvironment
- **N**otice others
- **I**magine success
- **T**olerate your traits
- **Y**ou can do this!

Summary/Comments/ Q & A

