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
Alcoholics Anonymous & Narcotics Anonymous

DBT Stages of Treatment

<table>
<thead>
<tr>
<th>Pre-treatment</th>
<th>Commitment &amp; Agreement</th>
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<tbody>
<tr>
<td>Stage 1</td>
<td>Severe behavioral dyscontrol</td>
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<td></td>
<td>Outcome Behavioral control</td>
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<td>Stage 2</td>
<td>Quiet desperation</td>
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<td>Outcome Non-anguished emotional experiencing</td>
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<td>Stage 3</td>
<td>Problems in living</td>
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<td>Outcome Ordinary happiness &amp; unhappiness</td>
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<td>Stage 4</td>
<td>Incompleteness</td>
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<td>Outcome Capacity for joy and freedom</td>
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Targets of DBT/12 Step Philosophy

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

**Internal unmanageability**
- 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

Mindfulness
States of Mind
Rational Mind
Wise Mind
Emotional 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

- Slow thoughts
- Effective behavior
- Relax and breathe
- (stay grounded in your) Environment
- Notice others
- Imagine success
- Tolerate your traits
- You can do this!

Summary/Comments/ Q & A