Integrating Dialectical Behavior Therapy with The Twelve Steps

A program for treating substance use disorders

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Training Objectives

- Review of EBP trends related to DBT and Twelve Step Facilitation (TSF)
- 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
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*
Key Concepts of DBT

- Biosocial Theory (Emotion Dysregulation)
- Validation
- Dialectics
Dialectical Synthesis: The Middle Path

- A dialectical lifestyle reflects balanced behavioral patterns:
  - Balanced actions
  - Balanced emotions
  - Balanced cognition
Key Concepts of Twelve Step Facilitation

- Surrender
- Self-Centeredness
- Honesty, Open-mindedness and Willingness
Alcoholics Anonymous & Narcotics Anonymous
# DBT Stages of Treatment

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

- Mindfulness
- Distress Tolerance
- Interpersonal Effectiveness
- Emotion Regulation
Skills Group Structure

- Introductions
- Mindfulness warm up exercise
- Review assignment from previous week
- Teach/practice new skills
- Discuss new assignment
- Circle up
Mindless Living Exercise
Mindfulness

States of Mind

Rational Mind

Wise Mind

Emotional Mind
“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 Breathing
Distress Tolerance

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

“Pain is inevitable, misery is optional”
Wise Mind ACCEPTS

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

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