

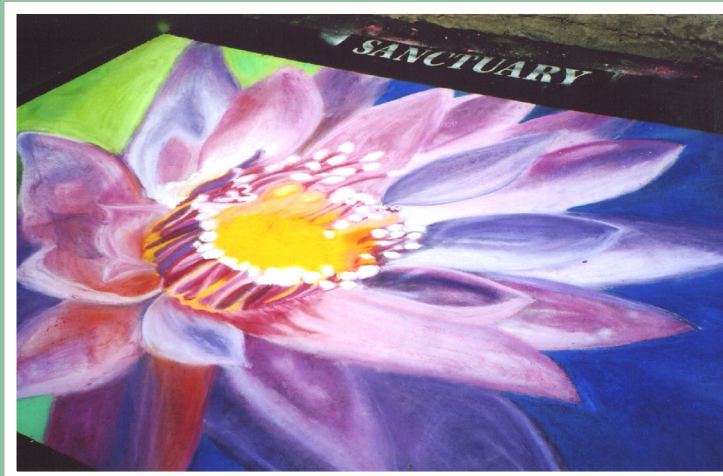
SANCTUARY PSYCHIATRIC CENTERS OF SANTA BARBARA

 Dialectical Behavior Therapy (DBT) 

DBT PSYCHOSOCIAL SKILLS TRAINING

The **ARLINGTON DAY TREATMENT PROGRAM** offers a number of DBT services including:

- ◆ Basic DBT psychosocial skills training groups
- ◆ Individual DBT coaching sessions
- ◆ DBT psychosocial skills training group specifically for family members of individuals living with mental illness and/or a variety of psychological issues
- ◆ Specialized DBT psychosocial skills training group



SPCSB's **DUAL DIAGNOSIS PROGRAM** offers DBT Skills Training, group and individual coaching, with an emphasis on the regulation of addictive impulses, emotional soothing and other addiction specific issues.





Sanctuary Psychiatric Centers
of Santa Barbara

Conveniently located in the midtown area of Santa Barbara,
the Arlington Day Treatment Program offers a number of
DBT Skills Training groups.

“Psychosocial skills training is
necessary when solutions to an
individual’s problems and
attainment of that individual’s
desired goals require behavioral
skills not currently in that
individual’s behavioral repertoire”

Marsha Linehan, Ph.D., creator of
Dialectical Behavior Therapy

DBT PSYCHOSOCIAL SKILLS TRAINING

Sanctuary Psychiatric Center's Dialectical Behavior Therapy (DBT) program has as its theoretical foundation that of the original DBT Skills Training program designed by Marsha Linehan.

Since its original development, DBT is being used effectively with a broad population that includes individuals with mood, anxiety, eating and thought disorders. It also has proven to be effective with those suffering with PTSD, and for individuals struggling with substance abuse recovery. There is now a solid body of evidence-based research supporting the success of individuals who participate in DBT Skills Training. A high percentage of those who complete DBT Skills Training grow in realizing their potential because they learn to respond more adaptively and congruently to life situations—they learn to regulate emotions.

The Arlington Day Treatment Program (ADTC) has incorporated into its outpatient program a full DBT Psychosocial Skills Training Program. Over the four years since the ADTC program began, we have observed clients as they develop a range of skills that result in their ability to manage interpersonal relationships and to regulate their emotions. This in turn, allows them more effective in navigating their worlds.

Dialectical Behavior Therapy (DBT) is about the “dialectic” of Acceptance and Change. Understanding when we can change something and having the skills to do so versus understanding when we cannot, and having the skills to manage and accept what we can't change.

DBT is a form of cognitive behavior therapy that integrates the Zen concept of mindfulness--to focus on the present, in the moment. As the ability to be mindful develops, one learns, without judgment, to observe one's own subjective thoughts, feelings and moods. Ultimately, by using the wide range of skills learned, individuals gain an ability to manage impulsive behaviors that result from dysregulated emotions.

The over arching goal of DBT is to learn to regulate emotion. Therefore, emotion dysregulation is the primary focus of the DBT program. The dysfunction of the emotion regulation system results in high arousal sufficient to disrupt effective self-management. As a result, an individual acts in ways that are incongruent with his/her rational judgment, thus extending the “dysregulation” to many areas of daily functioning causing problem behaviors. The focus of DBT is to learn skills that will assist in emotional regulation to counter maladaptive behaviors—behaviors that interrupt an individual’s ability to function effectively in the world.

DBT identifies five areas of dysregulation and associated maladaptive behaviors:

- ◆ **Emotion Dysregulation:**
Affective lability; Problems with anger
- ◆ **Interpersonal Dysregulation:**
Chaotic relationships; Fears of abandonment
- ◆ **Behavior Dysregulation:**
Parasuicidal behavior; Impulsive behavior
- ◆ **Self-Dysregulation:** Identity/difficulties with sense of self; Sense of emptiness
- ◆ **Cognitive Dysregulation:** Dissociative behavior/ transient paranoia (These two behaviors often serve as escape mechanisms for intolerable emotional arousal)

The DBT Skills Training includes modules that teach specific skills to address each of these five areas of dysregulation. Two of the modules focus on ACCEPTANCE skills: Mindfulness and Distress Tolerance; and two on CHANGE skills: Emotion Regulation and Interpersonal Effectiveness

The “behavior” aspect of DBT addresses the need to have clear goals that are regularly viewed with respect to actions. This approach places significant focus on feelings as valid pieces of information, but recognizes the need to learn how to regulate emotion to achieve goals. The first half of each group session is spent reviewing members’ diary cards and homework sheets (yes, there is homework!). The diary card provides a structure to track progress in changing the behaviors that each individual identifies for him/herself, as self-defeating. The diary card also tracks which skills were used and how effective they were, on any given day, in helping interrupt an unhealthy behavior. In the second half of the group, a new skill is taught. The assigned homework sheets and the regular use of the diary cards serve to reinforce the newly learned skill. Learning DBT skills is like learning a foreign language. It requires time and practice, and practice and more practice.

The “mindfulness” component of DBT teaches strategies to develop a non-judgmental stance when confronted with difficult feelings, thoughts, and experiences. When our emotions are elevated, our brain shuts down. In order to have access to our brain, we need just enough space between the intense emotions, and our rational mind. The mindfulness strategies allow one to create the space for objectivity that supports the reasoning needed to employ the skills of inter-personal effectiveness, emotion regulation, and distress tolerance.

Changing ingrained behavior and emotional patterns takes both commitment and hard work. To support the staying power needed to succeed, all group members sign a six-month commitment agreement. With dedication to this training, group participants learn to face their feelings without terror, increase their sense of personal identity, improve their judgment, sharpen their observational skills, and reduce the sense of crisis in their life.



SANCTUARY PSYCHIATRIC CENTERS
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Celebrates 34 Years!

OUR GOAL:

To ensure clients have a safe, inviting environment in which to do the personal work that has led them to seek a day treatment program. We hope the experience all our clients have in the Arlington program will allow them to develop and enhance a range of skills and a sense of well being. We also hope their experience here will contribute to a strengthened sense of self as they walk in the world and enable them to pursue directions that tap their greatest potential.



**FOR MORE
INFORMATION
REGARDING THE DBT
PSYCHOSOCIAL SKILLS
TRAINING PROGRAM:**

**CALL
805.564.3534 x216**

**OR VISIT
WWW.SPCSB.ORG**