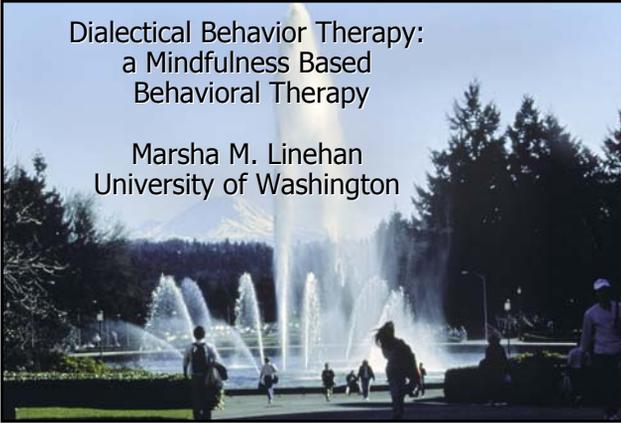


Dialectical Behavior Therapy:
a Mindfulness Based
Behavioral Therapy

Marsha M. Linehan
University of Washington



Randomized Clinical Trials = 6 with BPD

DBT Superior to Comparison Treatments

Reducing:

- **Suicide attempts** and self-injury
- **Premature drop-out**
- **Inpatient/ER admissions** and days
- **Drug abuse**
- Depression, hopelessness, anger
- Impulsiveness

Increasing:

- **Global adjustment**
- **Social adjustment**

Other Results

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DBT grew out of an iterative attempt (1971-) to apply behavioral principles and standard cognitive behavior therapy to highly suicidal patients with Borderline Personality Disorder

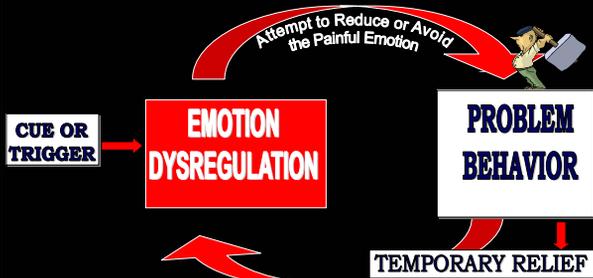
BPD is a Pervasive Disorder of the Emotion Regulation System



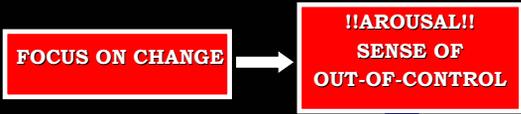
BPD criterion behaviors function to regulate emotions or are a natural consequence of emotion dysregulation

**

Model



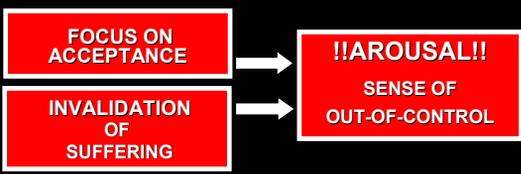
Problem 1



Impaired Cognitive Processing
+
Intense Effort to Control

NO PROGRESS

The Problem Further

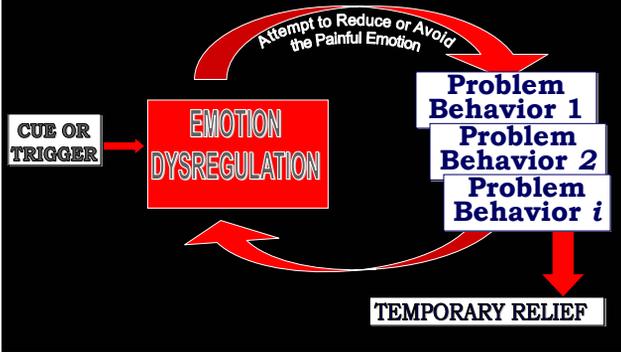


Solution Was to Apply A Dialectical Approach Balancing

Change Strategies Acceptance Strategies



Problem 2:

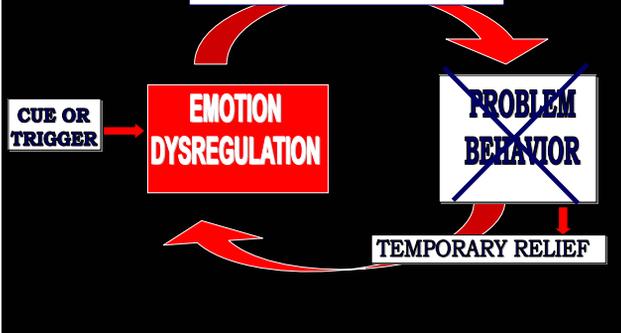


Percent Axis I Diagnoses:

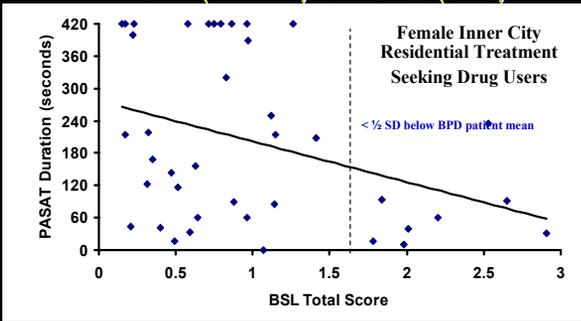
BPD Chronically Suicidal Patients

Diagnosis	Lifetime	Current
<u>Major depression</u>	96.7%	<u>75.0%</u>
Dysthymic disorder	N/A	14.3%
Substance abuse	15.2%	5.4%
<u>Substance dependence</u>	56.5%	<u>26.1%</u>
<u>PTSD</u>	56.5%	<u>51.1%</u>
Social phobia	21.7%	16.3%
<u>Panic disorder</u>	52.2%	<u>40.2%</u>
OCD	23.9%	19.8%
<u>Eating disorder</u>	41.3%	<u>23.9%</u>

Distress Tolerance



Correlation between a measure of distress tolerance (PASAT) and BPD (BSL)

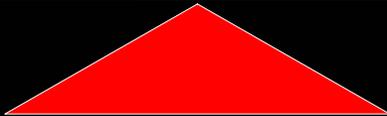


Lejuez, Daughters, Wolf, Kosson, & Lynch. (under review).

Solution Was to Teach Two Sets of New Behaviors

Change Skills

Acceptance Skills



Mindfulness

The quality or state of being mindful,...of being

Attentive

Heedful

Thoughtful

Earnest

Intentional

Adapted from the Oxford Dictionary

Mindfulness

Awareness without judgment of what is via direct and immediate experience

Mindfulness Practice

The repetitive acts of directing attention to only one thing; this one moment

Mindfulness as a Set of Skills

- Mindfulness What's
- Mindfulness How's
- Accepting Reality

Wise Mind

Seeing and responding to "what is"

Mindfulness What's

Mindfulness

Observing
Describing
Participating

Observing

Paying attention to direct
experience at the level of pure
sensation without adding
concepts or categories

Observing

- Bringing awareness
- Allowing
- Just noticing the experience
- Controlling attention
- Being like a guard at the palace gate: Alert!
- Having a "Teflon Mind"

Why Observe?

- To see what is
 - Increase responding to important stimuli
 - Decrease responding to our constructs of what is
- To get info into the brain
 - Information changes behavior in desired ways
- To notice contingent relationships: precipitants, effects
 - Required for problem solving and for consequences to shape behavior

Mindfulness as Attentional Control.

- Focusing on non-emotional contextual details of an emotional memory resulted in decreases in emotional intensity (Philippot, Schaefer, & Herbet, 2003).
- Attentional control may also reduce rumination (Teasdale, Segal, & Williams, 1995)
- Mindfulness may increase an individual's ability to turn their attention to what they would like to focus on and let go of that which they do not.

Describing

Adding a descriptive label to an observed experience

Describing

- Putting words on experience
- Labeling
- Noting
- Identifying "what is"
- Just the facts
- Writing a moment-to-moment script

Describing

Key idea
If you didn't observe it,
you can't describe it

Why Describe?

- Develops ability to sort out and discriminate:
 - Observed event
 - Perceptions of event
 - Thoughts about event
 - Emotional responses to event
- Enhances deliteralizing thoughts
- Allows feedback from community to balance natural cognitive distortions

Describing changes literal belief in rules.

- Psychopathology may be responding in the present moment based on rules that have no relevance to current contingencies.

Participating

Entering completely into activities of the current moment, without separating oneself from ongoing events and interactions

Participating

- Responding spontaneously
- Letting go of self-consciousness
- Engaging completely; immersing in the moment
- Becoming "one" with activity
- Joining with; opting in
- Becoming involved
- Merging action and awareness

Why Participate?

- Associated with experience of "flow"
 - Optimal state of experience
 - Incompatible with boredom
 - Associate with positive affect
- Incompatible with a sense of exclusion
- Critical characteristic of "peak" experiences
- Effort seems effortless

Mindfulness How's

Non-judgmentally

Viewing reality
as "what is" without judging
it as either good or bad

One-mindfully

The quality of doing one thing
at a time with awareness by
bringing one's entire attention
to
this one moment

One-mindfully

- Present focus
- Just this one minute
- One thing at a time
- Concentrating the mind
- Letting go of distractions --returning to what you were doing again & again

Effectively

Using
skillful means

Effectively

- Focusing on what works...
instead of being right
- Playing by the rules of the universe
- Keeping an eye on goals & values
 - Objectives
 - Relationship
 - Self-respect
- Acting skillfully
- Giving up opinions in favor of facts

Radical Acceptance

The fully open experience of what
is, just as it is, by unrivaled entering
into reality, just as it is, at this
moment

Willingness

Readiness to respond wisely as needed voluntarily and without grudge

Willingness

- Focused on both individual and common needs (i.e., not "ego" or self-centered)
- Without reservation
- Acting or readiness to act wholeheartedly

Willingness

"the realization that one already is a part of some ultimate cosmic process and ... a commitment to *participation* in that process"

Willingness

Openness "to experiencing your own experience when you experience it – without trying to control it, avoid it, escape from it, and so on"

Hayes et al., 2001, p 233

Turning-the-mind

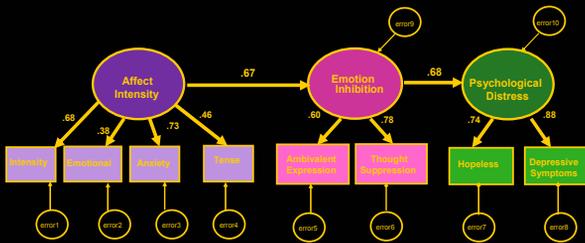
The act of choosing to accept, over and over and over...

What might Mindfulness, Acceptance and Willingness be Targeting?

Experiential Avoidance as Ineffective Regulation

- When the regulator is unwilling to experience or express the target emotion, regardless of the consequences (Lynch et al, 2001)

Temperamental Affect Intensity



Replicated in 5 studies to date

1. **Lynch**, Robins, Morse, & Krause, (2001). *Behavior Therapy*. In both clinical (N = 89) and non-clinical (N = 219).
2. Krause, Robins, & **Lynch**, (2000). *Psychology of Women Quarterly* For eating disordered symptoms (N = 115).
3. **Lynch**, Cheavens, Morse, & Rosenthal, (in press). *Aging and Mental Health*. In depressed older adults with suicidal ideation and hopelessness (N = 77).
4. Cheavens, Rosenthal, Daughters, Novak, Kosson, **Lynch**, & Lejeuz, C. (in press). *Behavior Research and Therapy*. For Borderline Personality Disorder Symptoms (N = 124).
5. Rosenthal, Cheavens, Lejeuz, & Lynch (under review), For Borderline Personality Disorder diagnostic symptoms, controlling for sexual abuse (N = 127).

Experiential Avoidance

May be a mindless response to a defensive emotional experience

Mindfulness Changes

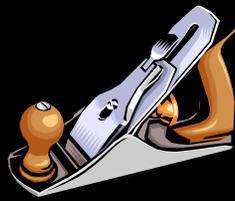
- The response tendency (i.e., observe only).
- Alters the meaning of the event (i.e., from bad or good to "just-is") without having to directly restructure, reframe, or modify the appraisal itself.
- However, we do not predict that mindfulness reduces overall emotional reactivity, rather mindfulness reduces the likelihood that an emotion is re-fired.

A Behavioral Analysis of Mindfulness

- *First, mindfulness may function as behavioral exposure to previously avoided emotions, thoughts, and sensations.*

Lynch, Chapman, Rosenthal, Kao, & Linehan,
J Clinical Psychology (invited manuscript)

Exposure as response weakener?



■ Exposure is not simply shaving away a learned fear association

It is the active learning of safety!

With Fear Conditioning: Cues signal danger

Fear
Cue



Danger

With Exposure: Cues take on ambiguous meanings

Fear
Cue



Probably safe

Danger

Sorta OK

The Meaning of Cues is Linked to Context



Bouton et al., 2002, Biological Psychiatry, 52, 976-986

Remembering Safety Bouton & Brooks (1993)

- Memories of extinction (safety) are more dependent on context for retrieval than conditioning (fear) memories
- Changes in contexts can decrease retrieval of extinction (safety) memories, leaving fear memories dominant
- Internal states can become context "reminder"

Mindful Exposure

- Mindfulness may function as an *internal context*.
- New associations are actively learned with regard to conditioned emotional experiences.
- By allowing emotions to be experienced (exposure) without judgment, new associations are acquired (the emotion "just is", the thought "just is", the memory "just is").
- Because the context is internal the advantage for a practitioner is that these associations are always available.

Wise Mind

from a religious perspective

- Christian > God
- Judaism > YHWH (Yahweh)
- Islam > Allah
- Hindu > Brahman, Atman
- Buddhism > No self, emptiness

Wise Mind

from a spiritual perspective

Mystical Experience

Mysticism

“Direct, immediate experience of ultimate reality”

Teasdale, 2001

“The science of ultimates”

Underhill,

Mystical Experiences

Experiential
Unitive or non-dual
Ineffable or non-conceptual
Giving certitude
Practical
Integrative
Sapiential

Teasdale, 2001

Mystical Experiences

Experiential: involves direct, unmediated experience of reality;

Unitive or non-dual: awareness of non-duality and non-separation, of no distance between one's self, the ultimate reality, and all other beings;

Teasdale, 2001

Mystical Experiences

Ineffable or non-conceptual: what is experienced is ungraspable and incomprehensible; can only be communicated with metaphors;

Giving certitude: in the midst of experience, certainty is total, undeniable, clear;

Teasdale, 2001

Mystical Experiences

Practical: concretely beneficial to one's life and well-being;

Integrative: psychologically integrative; establishing harmony of love, compassion, mercy, kindness; quieting of extreme emotions;

Sapiential: characterized by wisdom; enhances capacity for intuitive knowledge, capacity to "read hearts," discern motives

Teasdale. 2001

Ultimate Reality

CHRISTIANS, JEWS, MOSLEMS, HINDUS,
INDIGENOUS PEOPLES OF THE WORLD:

~ Ultimate Reality is
a personal God, or the Great Spirit

~ *Mystical experience is Union with God*

~ Not an object, but the Supreme Subject

Ultimate Reality

CHRISTIANS, BUDDISTS, HINDUS:

~ Ultimate Reality is
"emptiness" or essential being

~ *Mystical experience is being God*

~ Not an object, but the Supreme Subject

Contemplative Prayer

- Thoughts, attitudes, and actions designed to express or experience connection to the sacred (McCullough & Larson) OR
 - to *ultimate reality*
 - to *essential nature*
 - to the *core of our beingness*

Prayer

One part of yourself talking or responding to another part of yourself

Jager
