PSY 692 – Seminar in Dialectical Behavior Therapy

1 credit

Summer 2017

Instructor: Mike Worrall, Ph.D.
Meets: 6-9pm Friday, 7/7; 9-4pm Saturday, 7/8; 9-4pm Saturday, 7/15.

Office Hours: By appointment
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Course Description: An introduction to Dialectical Behavior Therapy (DBT). The seminar provides a broad overview of the treatment structure and functions, its evidence base and applications. It includes coverage of DBT skills that can be incorporated into clinical practice.

Course Objectives:

- Understand DBT treatment structure and functions.
- Learn DBT skills in the areas of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.
- Learn about DBT stylist strategies.
- Learn about case conceptualization within the DBT model.
- Learn about a model of safety planning.

Please note that this is an introductory course in DBT. While this course will increase your familiarity with DBT techniques, the course is not a sufficient or exhaustive training in DBT.

About DBT: Dialectical behavior therapy (DBT) is a comprehensive and flexible behavioral intervention combining change strategies and acceptance strategies that are commonly encountered in many successful interventions for mental health problems. Through DBT one learns behavioral assessment and strategies, acceptance and validation, communication and case management strategies, problem solving and crisis management and many other principles and techniques that are widely used throughout psychological services. The ease with which DBT can be used for a variety of problems is demonstrated through the wide array of research studies supporting its use with various populations. DBT has been used with suicidal individuals, adults meeting criteria for substance dependence, adolescents, elderly individuals with depression, adults with eating disorders, oppositional children, victims of domestic abuse, stalking offenders, families of at risk individuals and difficult to manage correctional populations. DBT is used across various clinical environments and is constantly being disseminated and used not only by mental health professionals, but also by members of the community.

Important: Students should be aware that this course involves exploration of topics related to mental illness and substance abuse.

Course Prerequisites: Currently enrolled in the joint UAA/UAF Clinical/Community Psychology Ph.D. Program, Clinical/Counseling Masters Programs, or approval of instructor. UAA students participate via LifeSize video.
**Course Requirements:** Attend all sessions. Complete suicide training (20%), participation (roles plays, etc.; 40%), DBT knowledge quiz/exam (40%).

**Required Texts:**

**Optional:**

Class sessions will start with a mindfulness practice.

**Evaluation:**

Complete suicide training (20%).
Participation (roles plays, activities, contribute to class learning, atmosphere, etc.; 40%).
DBT knowledge quiz/exam (40%).

Grading: A 90-100%, B 80-89%, C 70-79%, D 60-69%, F < 60%. Consistently outstanding engagement and performance across all activities will be required to earn an “A”.

**Schedule:**

6-9pm Friday, 7/7
- Why learn DBT? DBT background and overview.
- DBT evidence base.

5-4pm Saturday, 7/8
- Structure and functions of DBT.
- Integrating DBT principles and skills into clinical practice.
- DBT skills: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
- Homework: complete suicide training.

9-4pm Saturday, 7/15
- DBT case conceptualization.
- DBT stylistic strategies: reciprocity and irreverence. Validation. Extending, devil’s advocate, entering the paradox. Movement, speed and flow.
- Practice: suicide safety planning role plays (dyads).
- DBT skills: when the crisis is addiction.
- DBT knowledge quiz/exam.
Course Policies

Attendance Policy

On-time, in-person class attendance for the entirety of all class sessions is required. UAA students participate via LifeSize video. Unexcused absences, lateness or leaving early will affect the student’s grade.

Late Assignment Policy

Late assignments will typically be subject to a significant point reduction.

Contact Email and Blackboard

Students are required to have a university-issued username for use with email and Blackboard. Students should check Blackboard daily for course announcements.

Guidelines for Class

It is expected that everyone will behave responsibly and thoughtfully with consideration for others. You agree to at all times be respectful of others and their opinions even if you disagree. You agree to help create a safe atmosphere for open discussion.

NOTE: This class should not be viewed as a way to get help with personal issues. There are confidential on-campus and off-campus resources available to discuss personal issues. Scheduling a confidential appointment at the UAF or UAA counseling center (www.uaf.edu/cht/counseling-services-1/ or https://www.uaa.alaska.edu/studenthealth/mentalhealth/counseling.cfm ) is a good place to start.

Disabilities Services

The instructor will work with the Office of Disability Support Services (UAF - 205 Whitaker, 907-474-7043, https://www.uaf.edu/disability/; UAA - 105 Business Education Building, 907-786-4530) to provide reasonable accommodation to students with disabilities. Arrangements and accommodations will be made as needed on a case-by-case basis. Please see me to discuss any issues or concerns that you may have.

Student Conduct

Academic dishonesty will not be tolerated. Students must abide by academic integrity standards as outlined in the Student Code of Conduct found in the Student Catalog of each campus (UAF Catalog: Academic and Regulations Chapter; UAA Catalog: Chapter 5). The Codes of Conduct can be found online at http://www.uaf.edu/catalog/current/academics/regs3.html - Student Conduct and https://www.uaa.alaska.edu/deanofstudents/studentconduct/code.cfm

Conduct that unreasonably interferes with the learning environment or violates the rights of others is prohibited by University policy and will not be tolerated. Per University standards of student conduct, students are expected to exercise self-discipline and accept their social responsibility for their behavior.
Cell Phones and Laptops

Cell phones must be turned off or put to silent mode while the student is in class. Calls must not be taken (including text messages) during class, during office hour appointments with the instructor, or during other professional tasks (e.g., working with another student on course related activities).

Laptop use in class is a privilege that will be revoked at the instructor’s discretion. Laptops may generally be used in class for note-taking purposes only. However, the instructor at times will request that all laptops be turned off for a class or portion of a class depending on the activity. Students should not use their laptops to connect to the Internet, email, video/Skype, or otherwise engage in non-class-related activities. Such misuse is often readily apparent to the instructor and to other students: as such, it is disrespectful and it is disruptive to everyone’s learning.

Incomplete Grade
In rare circumstances at the discretion of the instructor an incomplete grade (I) may be assigned. At least 2/3rds of the course must have been completed. Documented evidence must be submitted to substantiate the fact that course completion was prevented because of personal problems, such as a medical or family emergency.

Failing to attend or to complete the course will result in a grade of “F” unless there has been an official course withdrawal. If an “I” is assigned, completion of all course work is the responsibility of the student. All course work must be completed within one year following the semester the “I” was given.