

Fundamentals of Dialectical Behavior Therapy

GSAPP Course # 18:821:612:01

Spring 2025

Course Instructor

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Pronouns: she/her/hers

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Course Information

Course Assistant : May Stern

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Course Time: Fridays 9:00am – 11:45am

Location: GSAPP Room A317

Website: <https://canvas.rutgers.edu/>

Course Overview

This course is designed to familiarize students with Dialectical Behavior Therapy (DBT), an evidence based psychosocial treatment initially developed for suicidal individuals with borderline personality disorder (BPD). Students will be taught the primary theories, principles, and strategies that inform DBT. Students will also become familiar with the latest research on DBT for BPD. We will also discuss considerations when applying DBT to diverse populations and DBT for adolescents (DBT-A). Lecture, demonstration, multimedia applications, and group discussion will be used as the primary teaching methods. DBT is a complex treatment with multiple facets. It is therefore not expected that a student will have full competence to deliver the treatment as a result of just this one course. However, this course will provide sufficient background and serve as a necessary prerequisite before using DBT in an applied setting.

Profession-Wide Competencies Addressed in the Course

Intervention, Consultation, Individual and Cultural Diversity

Required Readings

1. Linehan, M.M. (1993). *Cognitive behavioral treatment of borderline personality disorder*. New York: Guilford Press.
2. Linehan, M.M. (2015). *DBT skills training manual* (2nd ed.). New York: Guilford Press.
 - a. Skills training handouts and worksheets available online with purchase of manual.
3. Other required readings (e.g., articles or book chapters) will be made available via Canvas.

***Optional* Supplemental Reading**

1. Swenson, C. R. (2016). *DBT principles in action: Acceptance, change, and dialectics*. New York: Guilford Press
2. Koerner, K. (2012). *Doing Dialectical Behavior Therapy: A practical guide*. New York: Guilford Press.
3. Miller, A.L., Rathus, J.H., & Linehan, M. M. (2007). *Dialectical Behavior Therapy for suicidal adolescents*. New York: Guilford Press.

Course Requirements

- **Class Attendance and Participation** (25%)
- **Practice Assignments** (15%)
- **Group Presentation- on 3/7/25 or 3/14/25** (30%)
- **Final Paper – due 5/2/25** (30%)

Class Participation and Practice Assignments

Active class participation is essential. It is critical that you come to class, on time, having completed all the reading and ready to actively participate. Your participation ensures that the class will be enriching to all of us and that you will successfully acquire knowledge of DBT. Participation includes in-class and outside-of-class assignments and exercises, including role-plays, as they relate to assessments, strategies, and techniques covered in the course material. It is important that you notify me when you anticipate being absent or as soon as possible after having missed a class.

Group Presentation:

As a class, you will break into four groups. Each group will be asked to provide a 45-60 minute presentation on one of the four DBT skills modules (mindfulness, interpersonal effectiveness, emotion regulation, distress tolerance) during the classes on 3/7 and 3/14. In this presentation, you should provide an overview of the module and teach specific skills to the class as a DBT skills trainer might teach to a group. Experiential exercises are required. Group assignments will be determined by early February.

Final Paper:

You have considerable latitude as to what the paper may consist of, but it must deepen your knowledge of the science and practice of DBT. An approximate length for the paper is 8-10 pages. The paper must reference *at least* eight empirical journal articles. The paper should be double spaced and written in APA 7th edition style. The expectation is that the paper is written entirely by you; the use of AI is prohibited. **Paper topics must be cleared with me by 4/4/25.**

The following are just some examples of possible paper topics:

- A critical analysis of the empirical standing of DBT
- A comparison of DBT to one of three other treatments for BPD (schema-focused therapy, transference-focused therapy, mentalization based therapy)
- DBT case conceptualization of a particular client with BPD (or emotion dysregulation)
- A review of the literature supporting (or failing to support) the biosocial theory
- A review of the literature supporting skills training as a primary intervention
- A critical analysis of the support of DBT for marginalized or diverse populations

The paper is due via email by 5/2/25 at 5pm. Please send it to me in Microsoft Word format and include your last name in document title. Late papers will have points deducted.

Occasionally, information and announcements will be sent to you via email. It is therefore imperative that you check your email at least once every other day

SCHEDULE OF TOPICS AND READINGS (subject to change)

Class 1:

1/24/25 Course Overview, Introduction to BPD & DBT; Research Review

Linehan, M. M. (1993), Chapter 1

Linehan, M. M., & Wilks, C. R. (2015). The course and evolution of Dialectical Behavior Therapy. *American Journal of Psychotherapy*, 69, 97-110.

Gunderson, J. G. (2009). Borderline personality disorder: Ontogeny of a diagnosis. *American Journal of Psychiatry*, 166, 530-539.

Pierson, A. M., Arunagiri, V., & Bond, D. M. (2022). "You didn't cause racism, and you have to solve it anyways": Antiracist adaptations to dialectical behavior therapy for White therapists. *Cognitive and Behavioral Practice*, 29(4), 796-815.

The following 3 papers are optional readings for understanding the evidence base:

Harned, M. S., Coyle, T. N., & Garcia, N. M. (2022). The inclusion of ethnoracial, sexual, and gender minority groups in randomized controlled trials of dialectical behavior therapy: A systematic review of the literature. *Clinical Psychology: Science and Practice*.

Kliem, S., Kröger, C., & Kosfelder, J. (2010). Dialectical behavior therapy for borderline personality disorder: A meta-analysis using mixed-effects modeling. *Journal of Consulting and Clinical Psychology*, 78(6), 936.

Valentine, S. E., Bankoff, S. M., Poulin, R. M., Reidler, E. B., & Pantalone, D. W. (2015). The use of dialectical behavior therapy skills training as stand-alone treatment: A systematic review of the treatment outcome literature. *Journal of Clinical Psychology*, 71(1), 1-20.

Class 2:

1/31/25 Biosocial Theory

Linehan, M. M. (1993), Chapter 2

Crowell, S.E., Beauchaine, T.P., & Linehan, M.M. (2009). A biosocial developmental model of borderline personality: Elaborating and extending Linehan's theory. *Psychological Bulletin*, 135, 495-510.

Masland, S. R., Victor, S. E., Peters, J. R., Fitzpatrick, S., Dixon-Gordon, K. L., Bettis, A. H., ... & Rizvi, S. L. (2022). Destigmatizing Borderline Personality Disorder: A Call

to Action for Psychological Science. *Perspectives on Psychological Science*, 17456916221100464.

Class 3:

2/7/25 Beginning Treatment: Assumptions, assessment, structure, & targets

Linehan, M. M. (1993), Chapters 4-6

Class 4:

2/14/25 Beginning Treatment: Structure & Commitment

Linehan, M. M. (1993), Chapter 14

Linehan, M.M. (1993), Chapter 9, pages 284-291

Class 5:

2/21/25 Change Strategies I: Behavioral Principles, Behavioral Assessment

Linehan, M. M. (1993), Chapter 9

Rizvi, S.L., & Ritschel, L.A. (2014). Mastering the art of chain analysis in Dialectical Behavior Therapy. *Cognitive and Behavioral Practice*, 21, 335-349.

Class 6:

2/28/25 Change Strategies II: Behavioral Principles, Problem Solving

Linehan, M. M. (1993), Chapters 10 – 11

Haft, S. L., O'Grady, S. M., Shaller, E. A., & Liu, N. H. (2022). Cultural adaptations of dialectical behavior therapy: A systematic review. *Journal of Consulting and Clinical Psychology*.

Class 7:

3/7/25 DBT Skills: Mindfulness and Distress Tolerance

Linehan, M. M. (2015), Chapters 7, 10, and Associated Handouts and Worksheets

Class 8:

3/14/25 DBT Skills: Interpersonal Effectiveness and Emotion Regulation

Linehan, M. M. (2015), Chapters 8, 9, and Associated Handouts and Worksheets

3/21/25 NO CLASS – SPRING BREAK

Class 9:

3/28/25 DBT Skills Training: Structure, Format, and Research

Linehan, M. M. (2015), Chapters 2-5 and Chapter 6 (pp. 125-138)

Delaquis, C. P., Joyce, K. M., Zalewski, M., Katz, L., Sulymka, J., Agostinho, T., & Roos, L. E. (2020). Dialectical behaviour therapy skills training groups for common mental health disorders: A systematic review and meta-analysis. *Journal of Affective Disorders, 300*, 305-315.

Class 10:

4/4/25 Acceptance Strategies: Validation & DBT

Linehan, M. M. (1993), Chapter 8

Linehan, M. M. (1998). Validation and psychotherapy. In A. Bohart & L. S. Greenberg (Eds.), *Empathy and psychotherapy: New directions to theory, research, and practice* (pp. 353-392). Washington, DC: American Psychological Association.

Class 11:

4/11/25 Dialectical Strategies

Linehan, M. M. (1993), Chapter 7

Fruzzetti, A. R., & Fruzzetti, A. E. (2003). Dialectics in cognitive and behavior therapy. In W. T. O'Donohue, J.E. Fisher, & S. C. Hayes (Eds.), *Cognitive behavior therapy: Applying empirically supported techniques in your practice* (pp. 121-128). New York: Wiley.

Class 12:

4/18/25 Consultation Team

Linehan, M. M. (1993) Chapter 13 (pp. 423-434)

Fruzzetti, A. E., Waltz, J. A., & Linehan, M. M. (1997). Supervision in dialectical behavior therapy. In C. E. Watkins Jr. (Ed.), *Handbook of psychotherapy supervision* (pp. 84-100). New York: Wiley.

Class 13:

4/25/25 Stylistic and Case Management Strategies

Linehan, M. M. (1993a), Chapters 12, 13

Class 14:

5/2/25 Crisis Protocols & Issues in Treating Suicidality

Linehan, M. M. (1993a), Chapter 15 (462-495)

Linehan Risk Assessment and Management Protocol (L-RAMP); found here:
http://blogs.uw.edu/brtc/files/2014/01/SSN-LRAMP-updated-9-19_2013.pdf

Class 15:

5/9/25 DBT Case Examples

Rizvi, S.L. (2011). Treatment failure in Dialectical Behavior Therapy. *Cognitive and Behavioral Practice, 18*, 403-412.

Rizvi, S.L., & Salters-Pednault, K. (2013). Borderline personality disorder. In W. O'Donahue and S. Lilienfeld (Eds.), *Case Studies in Clinical Science* (pp.301-328). New York: Oxford University Press.

New York Times article on Marsha Linehan; found here:
<http://www.nytimes.com/2011/06/23/health/23lives.html>

Class, Departmental, and University Policies:

Attendance: It is expected that each student attend every scheduled class. If you are unable to attend a class due to illness or will be late, please email me prior to class. Students are excused from class when observing religious holidays, in accordance with Rutgers University policy: (<https://scheduling.rutgers.edu/scheduling/religious-holiday-policy>) however the instructor must be informed of the absence. An excused absence can also occur if the student is ill, and/or the student has been told to quarantine, and/or are experiencing symptoms of any transmittable disease. Please note as per University Policy students must register/report their absence from class Self Reporting Absence System <https://sims.rutgers.edu/ssra/> and students may be asked to verify their absences <https://studentsupport.rutgers.edu/services/absence-and-verification-notices>

Students will be responsible for all material covered during their absence. As psychologists-in-training, it is expected students will schedule activities around their classes, clinical work, supervision and practicum. Please see student handbook: <https://gsapp.rutgers.edu/current-students/student-handbook-policies-and-procedures>

Statement on Disabilities: Students with disabilities who qualify for reasonable accommodations may arrange for these through the Office of Disability Services, Kreeger Learning Center, 151 College Avenue; dfoffice@rci.rutgers.edu

Names and Pronouns: Class rosters are provided to the instructor with the student's legal name. I will gladly honor your request to address you by an alternate name and/or gender pronoun. Please advise me of this preference early in the semester so that I may make appropriate changes to my records.

Respect for Diversity: It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength and benefit. It is my intent to present materials and activities that are respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated.

APA Style Format: Unless otherwise noted all formal written work should use the Style Sheet of the American Psychological Association. See: <http://apastyle.apa.org/> (full access via Login to Rutgers University Libraries home page: <http://www.libraries.rutgers.edu/>)

Academic Integrity: Work submitted for this course must be your own. You are responsible for knowing and conforming to all professional and university standards. See <http://academicintegrity.rutgers.edu/students.shtml>

Course Bibliography

- Crowell, S.E., Beauchaine, T.P., & Linehan, M.M. (2009). A biosocial developmental model of borderline personality: Elaborating and extending Linehan's theory. *Psychological Bulletin, 135*, 495-510.
- Delaquis, C. P., Joyce, K. M., Zalewski, M., Katz, L., Sulymka, J., Agostinho, T., & Roos, L. E. (2020). Dialectical behaviour therapy skills training groups for common mental health disorders: A systematic review and meta-analysis. *Journal of Affective Disorders, 300*, 305-315.
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- Fruzzetti, A. R., & Fruzzetti, A. E. (2003). Dialectics in cognitive and behavior therapy. In W. T. O'Donohue, J.E. Fisher, & S. C. Hayes (Eds.), *Cognitive behavior therapy: Applying empirically supported techniques in your practice* (pp. 121-128). New York: Wiley.
- Gunderson, J. G. (2009). Borderline personality disorder: Ontogeny of a diagnosis. *American Journal of Psychiatry, 166*, 530-539.
- Haft, S. L., O'Grady, S. M., Shaller, E. A., & Liu, N. H. (2022). Cultural adaptations of dialectical behavior therapy: A systematic review. *Journal of Consulting and Clinical Psychology*.
- Harned, M. S., Coyle, T. N., & Garcia, N. M. (2022). The inclusion of ethnoracial, sexual, and gender minority groups in randomized controlled trials of dialectical behavior therapy: A systematic review of the literature. *Clinical Psychology: Science and Practice*.
- Kliem, S., Kröger, C., & Kosfelder, J. (2010). Dialectical behavior therapy for borderline personality disorder: A meta-analysis using mixed-effects modeling. *Journal of Consulting and Clinical Psychology, 78*(6), 936.
- Koerner, K. (2012). *Doing Dialectical Behavior Therapy: A practical guide*. New York: Guilford Press.
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- Linehan, M. M. (1998). Validation and psychotherapy. In A. Bohart & L. S. Greenberg (Eds.), *Empathy and psychotherapy: New directions to theory, research, and practice* (pp. 353-392). Washington, DC: American Psychological Association.
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- Masland, S. R., Victor, S. E., Peters, J. R., Fitzpatrick, S., Dixon-Gordon, K. L., Bettis, A. H., ... & Rizvi, S. L. (2022). Destigmatizing Borderline Personality Disorder: A Call to Action for Psychological Science. *Perspectives on Psychological Science, 17456916221100464*.
- Miller, A.L., Rathus, J.H., & Linehan, M. M. (2007). *Dialectical Behavior Therapy for suicidal adolescents*. New York: Guilford Press.
- Pierson, A. M., Arunagiri, V., & Bond, D. M. (2022). "You didn't cause racism, and you have to solve it anyways": Antiracist adaptations to dialectical behavior therapy for White therapists. *Cognitive and Behavioral Practice, 29*(4), 796-815.

- Rizvi, S.L., & Ritschel, L.A. (2014). Mastering the art of chain analysis in Dialectical Behavior Therapy. *Cognitive and Behavioral Practice, 21*, 335-349.
- Rizvi, S.L. (2011). Treatment failure in Dialectical Behavior Therapy. *Cognitive and Behavioral Practice, 18*, 403-412.
- Rizvi, S.L., & Salters-Pednault, K. (2013). Borderline personality disorder. In W. O'Donahue and S. Lilienfeld (Eds.), *Case Studies in Clinical Science* (pp.301-328). New York: Oxford University Press.
- Swenson, C. R. (2016). *DBT principles in action: Acceptance, change, and dialectics*. New York: Guilford Press
- Valentine, S. E., Bankoff, S. M., Poulin, R. M., Reidler, E. B., & Pantalone, D. W. (2015). The use of dialectical behavior therapy skills training as stand-alone treatment: A systematic review of the treatment outcome literature. *Journal of Clinical Psychology, 71*(1), 1-20.