Dialectical Behavior Therapy in Practice  
GSAPP, Course # 18:821:613:01  
Fall 2018

Instructor  
Shireen L. Rizvi, PhD, ABPP  
E-mail: slrizvi@gsapp.rutgers.edu  
Office: GSAPP, Room A229  
Phone: 848-445-3914

Course time and location:  
Monday 1:45 – 4:30pm  
Room A223, GSAPP

COURSE DESCRIPTION
This course focuses on the clinical application of Dialectical Behavior Therapy, an evidence-based treatment designed for individuals with borderline personality disorder and comorbid psychological disorders. Students learn how to conduct a multidimensional assessment using structured clinical interviews, generate a DBT case conceptualization, and implement DBT. Students will have a variety of opportunities to gain experiential practice that may include DBT individual therapy, co-therapy on a DBT case, rating videos of DBT sessions, and/or co-leading DBT skills training groups. The emphasis for experiential practice will be on developing adherence to the DBT model, maintaining fidelity to the model, and conducting outcomes and psychotherapy process assessment in clinical cases. Topics will focus primarily on adult cases. This course is part of a 1-2 year practicum experience.

LEARNING GOALS
Students will learn the practice of Dialectical Behavior Therapy (DBT), an evidence-based treatment for borderline personality disorder (BPD) and other disorders theorized to be problems of severe emotion dyregulation, within the context of a clinical research setting. Students will also learn and gain experience in diagnostic assessment of complex disorders, outcome monitoring, and the clinical practice of DBT in individual and/or group treatment.

REQUIRED READINGS

Other required readings, in the form of journal or media articles, will be made available via Sakai.
Grade:
25% Class participation
25% Out of class participation in assessments/clinical work
40% Assessment reports and case formulations
10% Timely paperwork

Schedule

Week 1: Review of fundamentals course & latest research
Koerner (2011) - Chapter 1

Weeks 2 & 3: Diagnosing BPD; structured interviews and clinical interviews,
** Please note: students new to practicum to have watched at least two intake videos prior to the 2nd class.
SCID-5 and SCID-II interviews

Week 4: Consultation Team – advanced topics incl therapist mindfulness
Koerner (2011) – Chapter 7

Weeks 5 & 6: The first few sessions in DBT – structure, orientation, commitment, biosocial theory
Linehan (1993a) – Chapters 2, 4-6
Koerner (2011) – Chapter 2

Week 7: Case conceptualization - moving from assessment to treatment planning

Weeks 8 & 9: Individual therapy – targeting, behavioral chain analysis
Linehan (1993a) - Chapter 9

Weeks 10 & 11: Problem solving – advanced topics
Linehan (1993a) – Chapters 10-11
Koerner (2011) – Chapter 3

**Week 12: Validation – advanced topics**

Koerner (2011) – Chapter 4

**Week 13: Dialectics – advanced topics**

Linehan (1993a) – Chapter 7
Koerner (2011) – Chapter 5

**Week 14: Suicide risk assessment and crisis intervention – User friendly readings and materials, and comparison to other models**


Linehan (1993a) – Chapter 15 (pp. 468-494)

**Week 15: Therapeutic Relationship and Termination in DBT**


**Statements on Disabilities and Academic Integrity**

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: [https://ods.rutgers.edu/students/documentation-guidelines](https://ods.rutgers.edu/students/documentation-guidelines). If the documentation supports your request for reasonable accommodations, your campus’s disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: [https://ods.rutgers.edu/students/registration-form](https://ods.rutgers.edu/students/registration-form).

Rutgers’ principles of academic integrity can be found here: [http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/](http://academicintegrity.rutgers.edu/academic-integrity-at-rutgers/)