

## Cal Lutheran Dialectical Behavior Therapy (DBT) Services and Training Program

The Cal Lutheran DBT program was developed by Dr. Jamie Bedics in collaboration with the developer of DBT, Dr. Marsha Linehan, at the University of Washington. Clients in need of DBT services are seen by Clinical Psychology doctoral students at CLU who are supervised by Dr. Bedics. The graduate student therapists follow a course curriculum that closely mirrors the DBT training program at the University of Washington, receiving training in:

- Behavioral Methods and Assessment
- Dialectical Behavior Therapy
- Suicide and Crisis Management
- Mindfulness
- Advanced Topics in DBT

All trainees receive weekly individual supervision in addition to attendance at weekly consultation team meetings where individual cases are discussed to ensure the highest quality of therapy intervention.

## References

Linehan, M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. Guilford Press.

Linehan, M. (2015). *Skills training manual for treating borderline personality disorder*. Guilford Press.

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## Client Resources

### National Suicide Hotline

1 (800) 273-8255

### American Association of Suicidology

suicidology.org

### Association for Behavioral and Cognitive Therapies

abct.org

### DBT Resources

behavioraltech.org/resources

### American Board of Professional Psychology

abpp.org

### Westlake Village

31416 Agoura Rd. #115  
Westlake Village, CA 91361

(805) 493-3390

### Oxnard

220 Outlet Center Dr. #470  
Oxnard, CA 93030

(805) 493-3059

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California Lutheran University

COMMUNITY COUNSELING SERVICES

California Lutheran University

# Community Counseling Services

## Dialectical Behavior Therapy Services and Training Program



Low-fee quality counseling services provided at one of the largest university-based counseling centers in California

## What is Dialectical Behavior Therapy (DBT)?\*

DBT was developed at the University of Washington by Marsha Linehan, Ph.D. This type of therapy was originally developed to treat interpersonal chaos, intense emotional swings, impulsiveness, confusion about the self (identity), and suicidal behavior.

DBT is based on a bio-social theory that states that problems develop from the interaction of biological factors (physiological makeup) and environmental factors (learning history), which together create difficulty handling emotions.

DBT is therefore appropriate for a range of problems that relate to difficulty with emotions, including problems related to:

- Depression
- Anxiety
- Substance Use
- Eating Disorders
- Anger

A great deal of research has been conducted on the effectiveness of DBT and, in general, DBT appears as effective or more effective than other psychotherapies for the problems mentioned above.

To reach the ultimate goal of DBT—creating a life worth living, the therapy balances empathy and warm acceptance (validation) with an unwavering focus on changing problem behavior (problem-solving).

Call the clinic that is closest to you to set-up an initial phone consultation. Please let the individual know that you are interested in working with the DBT team. Community Counseling Services provides over 12,000 low-fee therapy appointments annually to over 1,000 individuals or families. Clients experience a safe and welcoming therapeutic space in our clinic.

## Elements of the Treatment

### Dialectics

Dialectics is based on the idea that opposites can coexist and be synthesized. This means weighing out various points of view in any situation and constantly working on balancing an effort to change things with accepting things as they are.

### Behavior Therapy

Behavior therapy is based on the study of how things are learned. It focuses on helping people change ineffective ways of coping and getting things done. It focuses on specific goals that can be realistically attained. For the most part, it is a "doing" therapy rather than a talking therapy.

## Assumption of DBT

### DBT Clients

- People in DBT are doing the best they can
- People in DBT want to improve
- People in DBT need to do better, to work harder, and be motivated to change
- The lives of suicidal individuals are unbearable as they are currently being lived
- People in DBT must learn new behaviors in all areas of their lives
- People cannot fail in DBT

### DBT Therapists

- Make every reasonable effort to conduct competent and effective therapy
- Obey standard ethical and professional guidelines
- Respect the integrity and rights of the client
- Maintain confidentiality and obtain consultation when necessary

## How Our Team Can Help

DBT can be delivered in a variety of modalities that are listed below. You and your therapist, along with the DBT team, will determine what modality or combination of modalities is right for you.

### Weekly individual psychotherapy:

- Areas of desired change are identified
- An understanding of what contributes to the problems and interferes with change is developed
- New and more effective standards are learned
- Individual sessions are approximately 45-minutes and meet once per week

### Skills training classes:

- Specific skills that are essential for managing emotional distress are learned
- Skills classes are two hours long and meet weekly for 6-months with the option of renewing for one year

### Consultation meeting for therapists:

- The therapy team meets regularly to assist each other in providing effective and compassionate treatment

### As needed between-session coaching with therapist:

- This provides an opportunity for "real-life" coaching for using the skills being learned

### Assessment and Measurement of Effectiveness:

- Ongoing assessment of client progress is essential for measuring how the program works. All clients are required to complete weekly and quarterly self-report measures.