

The Hebrew University of Jerusalem

Syllabus

DIALECTICAL BEHAVIOR THERAPY (DBT) - 3175

Last update 30-10-2016

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: social work

Academic year: 0

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Gon Arest

Coordinator Email: gonarest@gmail.com

Coordinator Office Hours: By appointment

Teaching Staff:

Mr. Gon Arest

Course/Module description:

Dialectical Behavior Therapy (DBT) is a treatment method developed by Marsha Linhan in the early 90's to treat borderline personality disorder and the suicidal and/or self harming patients. The method is now used in the treatment of other complex cases, especially those suffering from emotional regulation problems, including addictions, eating disorders and more. It is an integrative therapeutic approach based on a number of elements, including cognitive behavioral therapy (CBT), dialectical philosophy, the bio-social theory and practices of mindfulness derived from Buddhism. The method also incorporates therapeutic elements from self psychology and the intersubjective approach. During the course we will learn the theoretical concepts in the basis of the method and learn to apply the therapeutic principles in the practical work. The course is with an emphasis on applicability and encourages sharing examples from the therapeutic practice.

Course/Module aims:

The purpose of the course is to give theoretical and practical knowledge in DBT, including preparing the patient for treatment, the therapeutic contract preparation, use of validation, and behavioral analysis of problem solving strategies. Familiarity with the skills learned in the patients group (mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance), with the principles of using contact over the phone and with the principles of working in the counseling group for caregivers.

Learning outcomes - On successful completion of this module, students should be able to:

- 1. Characterize patients suitable for DBT.*
- 2. Formulate and conduct a DBT treatment contract.*
- 3. Build a hierarchy of therapeutic targets according to the principles of DBT.*
- 4. Describe the therapeutic process using concepts of the method.*
- 5. Analyze therapeutic dilemmas from a dialectical perspective.*
- 6. Implement specific therapeutic strategies, such as validation, behavioral analysis and troubleshooting.*
- 7. Integrate DBT skills to to the analytic work.*

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lectures

Course/Module Content:

Borderline personality disorder; comparing DBT to other approaches; the bio-social theory; dialectic as a central motif; basic principles of DBT and basic assumptions for treatment, treatment goals, preparation for and contract therapy; validation; strategies of problem solving, dialectical strategies, group skills - goals, the structure and rules of the group, listening skills, interpersonal effectiveness, emotional regulation and distress durability; contact over the phone, environmental intervention and group therapists, DBT in additional disorders - eating disorders, addictions, additional steps in treatment, trauma care, a summary.

Required Reading:

From the book:

Linehan, M. M. (1993). Cognitive-Behavioral Treatment of Borderline Personality Disorder. New York, NY: Guilford Press.

על התפיסה הדיאלקטית - עמ' 36 - 28

על התאוריה הביוסוציאלית - עמ' 62 - 42

על המבנה הכללי, הנחות היסוד והחווה הטיפולית - עמ' 119 - 97

From the book:

Koerner, K. (2012). Doing Dialectical Behavior Therapy: A Practical Guide. New York, NY: Guilford Press.

על אסטרטגיות של שינוי - עמ' 110 - 76

על אסטרטגיות של ולידציה - עמ' 124 - 111

על אסטרטגיות דיאלקטיות - עמ' 157 - 140

Rizvi, S. L., Steffel, L. M., & Carson-Wong, A. (2013). An overview of dialectical behavior therapy for professional psychologists. Professional Psychology: Research and Practice, 44(2), 73-80.

Rizvi, S. L. (2011). Treatment failure in dialectical behavior therapy. Cognitive and Behavioral Practice, 18, 403-412.

Manning, S. Y. (2011). Common errors made by therapists providing telephone consultation in dialectical behavior therapy. Cognitive and Behavioral Practice, 18, 178-185.

Additional Reading Material:

Van Gelder, k. (2010). The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating. Oakland, CA: New Harbinger Publications.

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 80 %

Assignments 20 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

None