



The Hebrew University of Jerusalem

Syllabus

DIALECTICAL BEHAVIOR THERAPY (DBT) - 3175

Last update 12-10-2021

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: gon.arest@mail.huji.ac.il

Coordinator Office Hours: By appointment

Teaching Staff:

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 הטיפול - 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.

Grading Scheme:

Additional information:
None