



Clinical Presentations

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- Anxiety
- Bipolar
- Conduct Disorder
- Depression
- Impulse Control
- Intermittent Explosive Disorder
- Oppositional Defiant Disorder
- Trauma



DBT Areas of Emphasis

- How the philosophy of each area of emphasis will be helpful for the client.
 - Mindfulness
 - Distress Tolerance
 - Emotional Regulation
 - Interpersonal Effectiveness



Recommendations for Specific Skills

Skills that are useful for most clients:

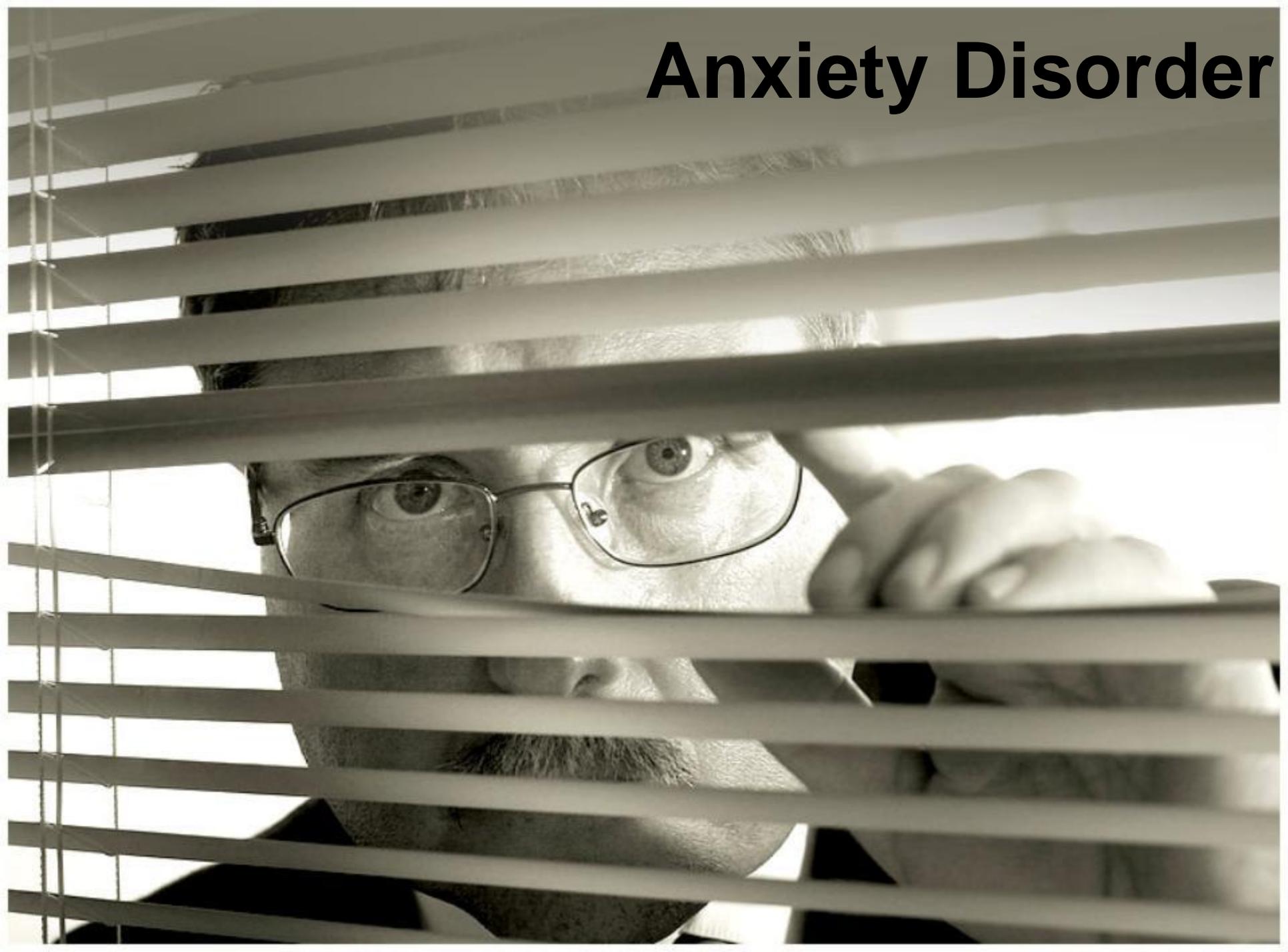
- MEDDSS
- Crisis Survival Network
- Nonjudgmental
- Effectively

Specific skills for a client with each diagnosis will be recommended.

Next add skills that you would use with each individual client.



Anxiety Disorder



Anxiety Disorder



- **Mindfulness** helps clients let go of any ruminations of the past and any catastrophizing about the future. It empowers clients to be in the here and now with anxiety, pain and discomfort without the thoughts that it has always been this way and there is no hope of it changing.
- **Distress Tolerance** teaches clients to tolerate their distress without making it any worse than it already is. This takes active problem solving some of the time and accepting reality at other times. When the client is effective at tolerating their distress they do not have to avoid life and can reduce the damage avoidance does to their lives.

Anxiety Disorder



- **Emotional Regulation** helps clients manage their emotions on a daily basis. Clients learn about the connection between their emotions, substance use, energy level, environmental cues and their anxiety.
- **Interpersonal Effectiveness** helps these clients have interactions with others and engage in interpersonal relationships even when they have painful anxiety and without using substances.

Anxiety Disorder



A 41-year-old divorced heterosexual white male reports having lots of anxiety. He says sometimes he can't sleep at night because of it. He feels nervous at work, at home and when he is out socializing. This has been happening off and on for the last two years. His friends tell him that he shouldn't be so "high strung." He smokes pot to help him relax and sometimes drinks too much. He thinks it has cost him a promotion to a team leader position at work. His admission to the inpatient unit was precipitated by his not leaving his bedroom for more than 5 days.

Skills for Anxiety Disorder



- **Wise Mind** balances thinking and feeling. This client tends to be out of balance with emotions. He can bring thinking into balance by reminding himself that anxiety is irrational and that it does eventually subside. This will help him chose to not get high. Also, he can bring positive emotions into his awareness by doing things he enjoys such as spending time with his children or playing with the dog.
- **Self Soothe Kit** can help him work through the anxiety and continue to live his life. He can use the kit instead of getting high.

Anxiety Disorder



- By using **Opposite to Emotions** this client can engage in relaxing endeavors to reduce anxiety and not use drugs.
- **Four Horsemen** can help the client realize the negative impact his anxiety and substance use has on his relationships and figure out strategies to manage it more effectively.

Bipolar Disorder



Bipolar Disorder

- **Mindfulness** reminds clients with bipolar to stay grounded in today and not get too wrapped up in the past or the future.
- **Distress Tolerance** empowers these clients to manage frustrations effectively which helps to maintain a stable mood.



Bipolar Disorder

- **Emotional Regulation** for bipolar clients is about knowing their emotions so that they are able to notice when they may be gearing up or down emotionally. If that starts to happen they can increase their self-care strategies, use skills and communicate with their psychiatric prescriber.
- **Interpersonal Effectiveness** helps clients with bipolar maintain stable relationships and healthy support systems, which also contribute to a stable mood.



Bipolar Disorder

A 38-year-old transgender Caucasian female struggling with depression begins therapy. She reports being depressed for weeks on end, then she starts to have more energy. Sometimes that energy becomes mania. She has been hospitalized for a number of these depressive and manic episodes. When she is manic she gets hyper-sexual and engages in other risky behaviors. She reports not having any memory of what happens when she is manic. When she is depressed she can't get out of bed or take care of herself. She says the medications work, but she doesn't like taking them, so once she feels better she stops taking them. She uses meth to keep the mania going and drinks to off set the depression



Skills for Bipolar Disorder

- This client can use **Effectively** to live a healthy lifestyle and manage her moods.
- **Radical Acceptance** can be useful with the client by acceptance her brain chemistry and that medication compliance is essential.



Bipolar Disorder

- A daily self-care regimen through the **MEDDSS** skill will be useful for this client to maintain stability.
- The **Broken Record** skill can help this client remain consistent with her treatment and healthy lifestyle.



Conduct Disorder



Conduct Disorder



- **Mindfulness** can be particularly useful for this diagnosis. Youth with Conduct Disorder are likely to ruminate about being disrespected or wronged. They are also likely to be plotting revenge in the future for these slights. They may use substances for the thrill of it or deal with discomfort. Mindfulness for these clients is about staying in the here and now and letting go of the past and future.
- **Distress Tolerance** helps these clients manage their frustrations and urges to use so they do not get high, destroy property, hurt others or themselves.

Conduct Disorder



- **Emotional Regulation** is about coping with emotions so that these clients do not lose control and engage in problematic and destructive behaviors.
- **Interpersonal Effectiveness** can be a critical area for this diagnosis. Helping these clients invest in others while respecting themselves can dramatically reduce the incidence of problematic behaviors.

Conduct Disorder



A 17-year-old heterosexual Caucasian male listens to punk music, belongs to a fight club, and gets high every day. He thinks that if people are weak they deserve to get beaten up. He has been jailed for painting graffiti in the neighborhood. He says they can't stop him because it is a freedom of speech issue. His older brother has been in prison for 15 years. He says he wants to be who he is but doesn't want to spend his life in prison. He hopes that therapy will help him live in society the way he is, without getting in too much trouble.

Skills for Conduct Disorder



- The **Moment to Pause** skill helps this client interrupt his behavior to stop the destructive behavior or acting out.
- The **Half Smile** skill can help him find things to be thankful and grateful for without being judgmental towards others.

Skills for Conduct Disorder



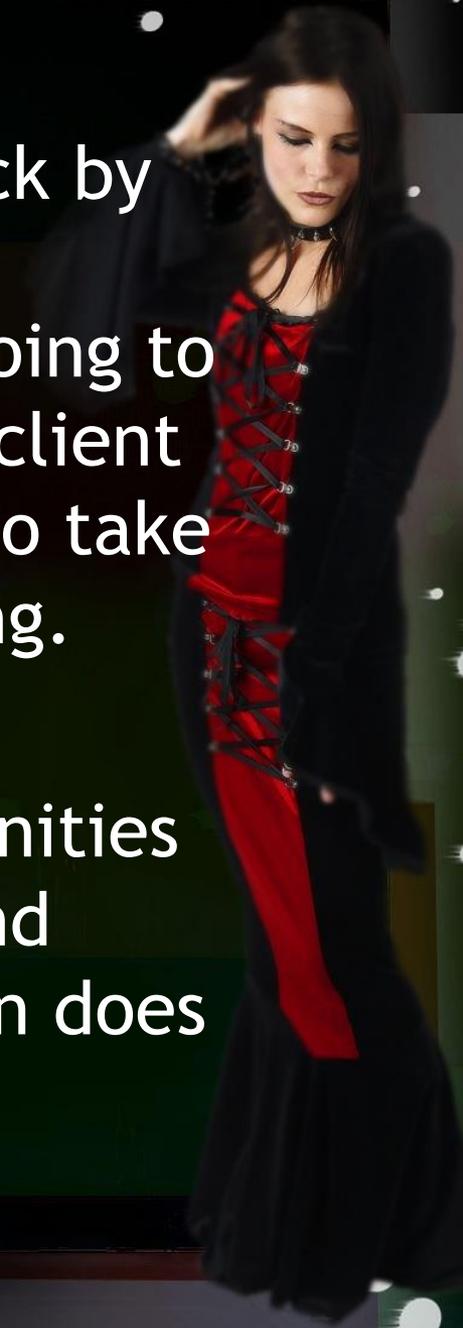
- This client can learn to **Ride the Wave** of his impulses to avoid acting out.
- **Repairs** teaches him to be able to make apologies, accept apologies and let some things go.



Depression

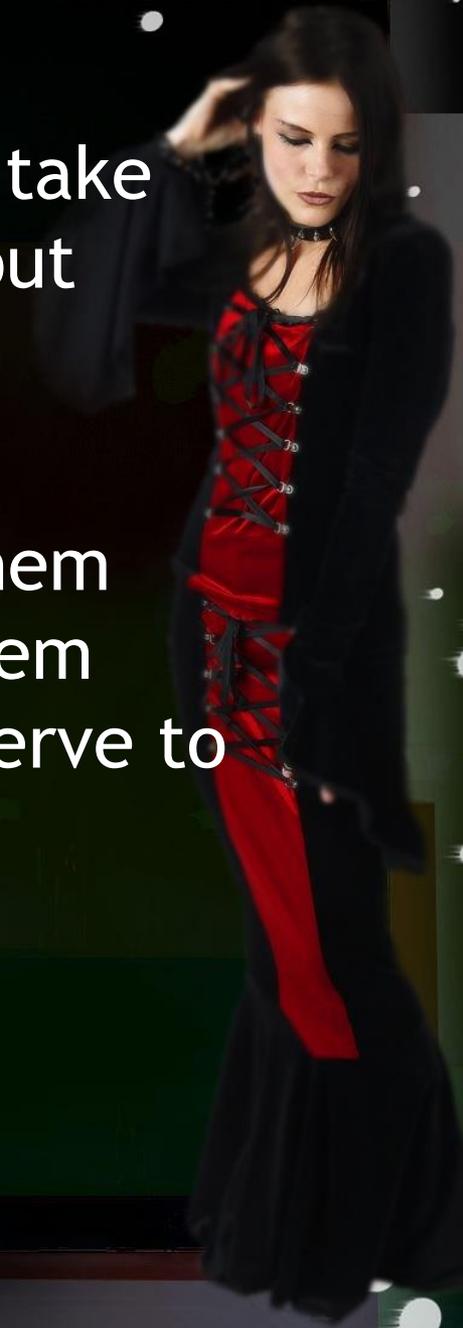
Depression

- **Mindfulness** is about not getting stuck by the feeling that depression has been around forever and that it is never going to go away. Mindfulness empowers the client to do what they can in the moment to take care of themselves including not using.
- **Distress Tolerance** provides opportunities to effectively manage frustrations and stress without using so the depression does not feel worse than it already is.



Depression

- Clients use **Emotional Regulation** to take care of oneself on a daily basis without substances.
- **Interpersonal Effectiveness** helps them continue to access their support system even when they feel they do not deserve to be cared about.



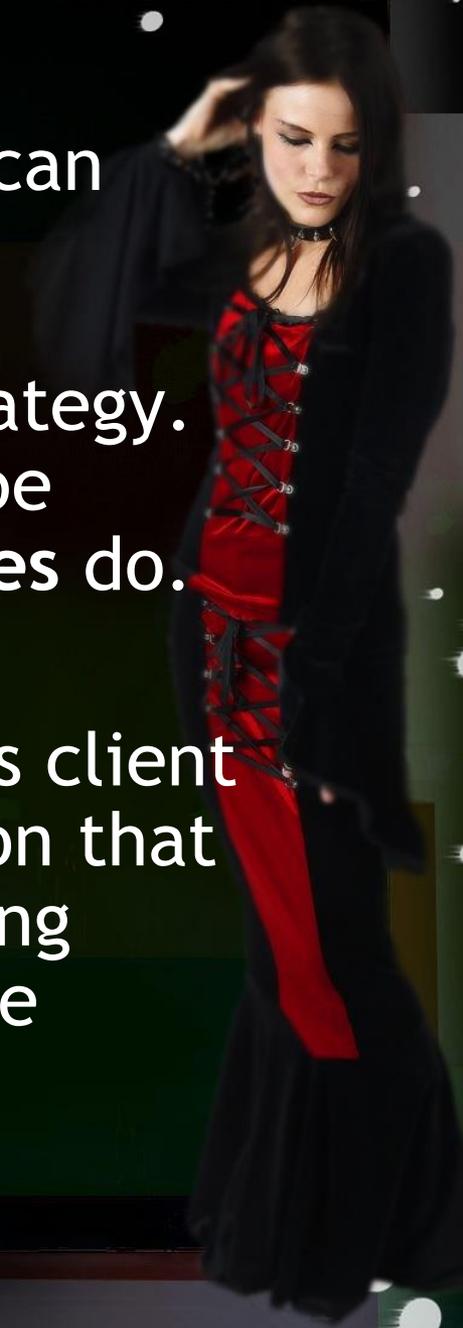
Depression

A 19-year-old biracial heterosexual female has been depressed for more than 6 months. She drinks Whisky all day and often blacks out. She either sleeps more than 12 hours a night or not at all. She reports nothing is fun anymore and doesn't have any energy. She doesn't understand how everyone else feels good about themselves and have nice lives. One of her friends told her that therapy helped them and that she should give it try. She says if it makes her life easier and she can have her old self back then it is worth trying. If it doesn't work, she says then she will give up hope and just kill herself.



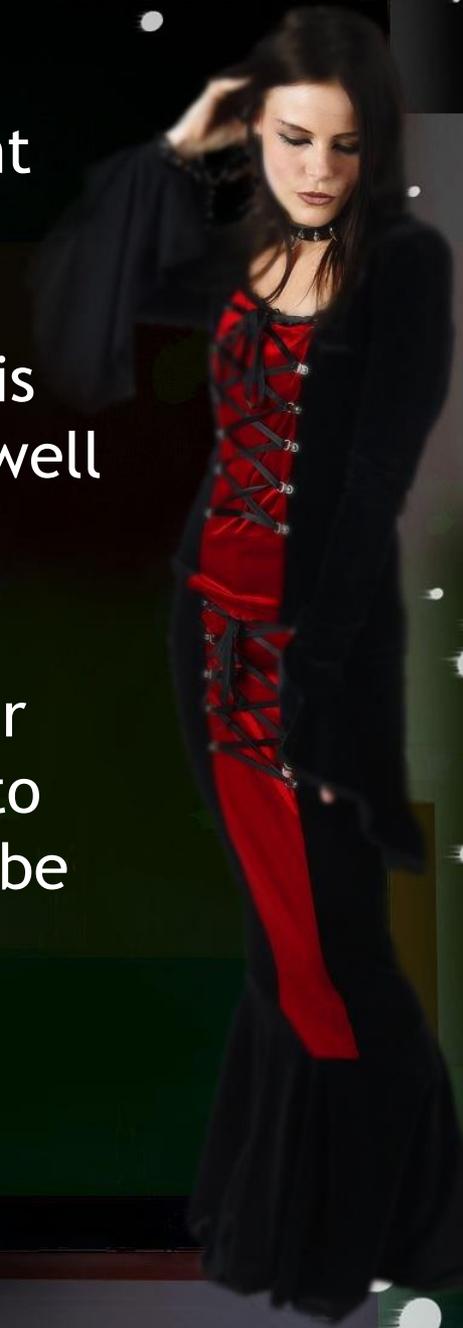
Skills for Depression

- **Turtling** emphasizes that this client can take care of herself with a variety of strategies just like turtles do. She is overusing withdrawal as a coping strategy. She can let things roll off her back, be adaptive, and go slow just like Turtles do.
- **Crisis Survival Network** will help this client stay connected and avoid the isolation that often accompanies depression. Getting involved in 12-step would probably be great for her.



Depression

- The **Opposite to Emotion** skill helps this client engage in behaviors that bring the opposite emotion from depression into her experience including not drinking. She should practice this skill even if the behavior does not work very well in the beginning.
- One **IPE** skill that is useful for dealing with her depression is **FAST**. She will learn to be **Fair** to self, **Apologize less**, **Stick** to her values, and be **Truthful** with herself and others.



Impulse Control



Impulse Control Problems

- **Mindfulness:** Staying in the moment helps clients to learn to be with their impulses without necessarily acting on them.
- **Distress Tolerance:** These skills give the client something to do besides acting on their impulse. They can be a replacement or distraction.

Impulse Control Problems

- **Emotional Regulation:** Managing emotions effectively can reduce or eliminate impulsiveness. Using the moment to pause helps to have more control.
- **Interpersonal Effectiveness:** These skills can provide motivation to improve management of impulses.

Impulse Control Problems

16-year-old gay male can't seem to control himself. He drinks his parents' alcohol and smokes marijuana. He plays video games for hours. He gets upset at school, yelling and using obscenities. There have been three incidents of shoplifting. He is suspected of graffiti in the neighborhood. He was admitted to the day treatment program because his parents don't know what do with him anymore.

Impulse Control Problems

- **Wise Mind** helps clients with this diagnosis balance their emotions by thinking things through before acting.
- The **Crisis Survival Network** skill can help this client limit his impulsivity by checking in with his support system prior to acting.

Impulse Control Problems

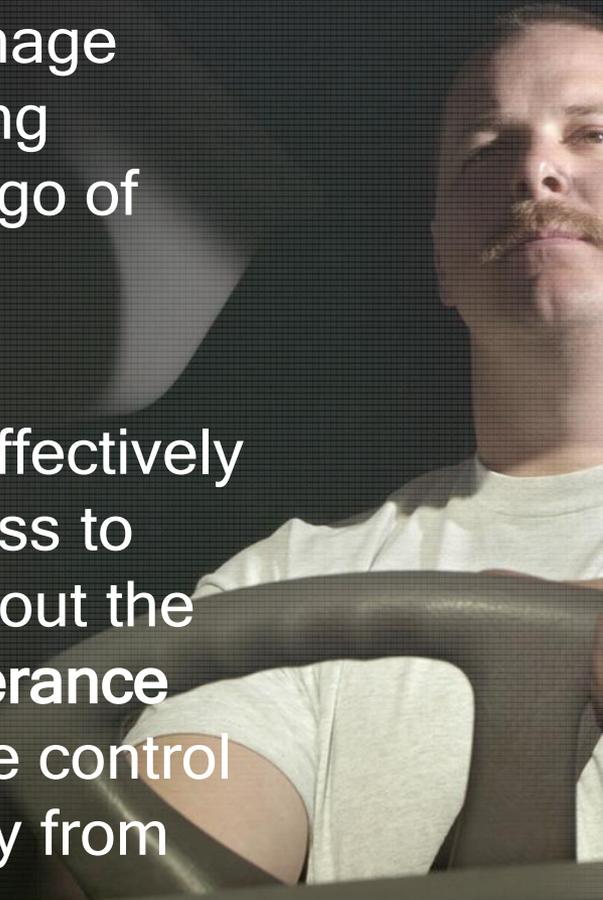
- This client could learn to **Ride the Wave** of his impulses by staying mindful and not getting knocked over by them.
- He can be more **GIVING** in his relationships and learn to have more control over his impulses.



Intermittent Explosive Disorder

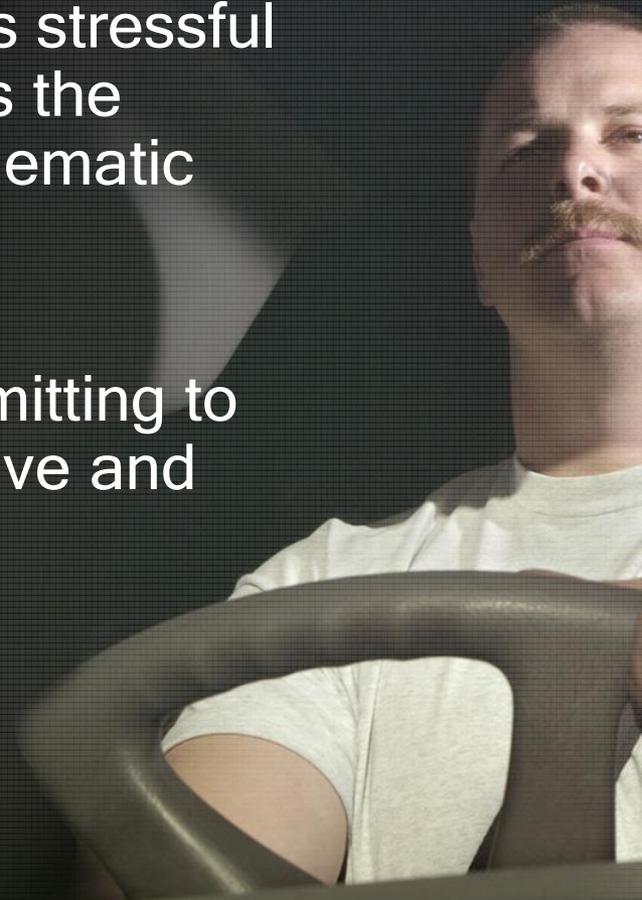
Intermittent Explosive Disorder

- **Mindfulness** helps clients notice their emotional state and use strategies to effectively manage them instead of using substances or getting violent. Also **Mindfulness** helps clients let go of perceived past wrongs and injustices.
- **Distress Tolerance** reminds the client to effectively use active strategies and have a willingness to manage stressful or critical situations without the need for substances. Part of **Distress Tolerance** reminds clients to focus on what they have control over (themselves) along with moving away from willfulness.



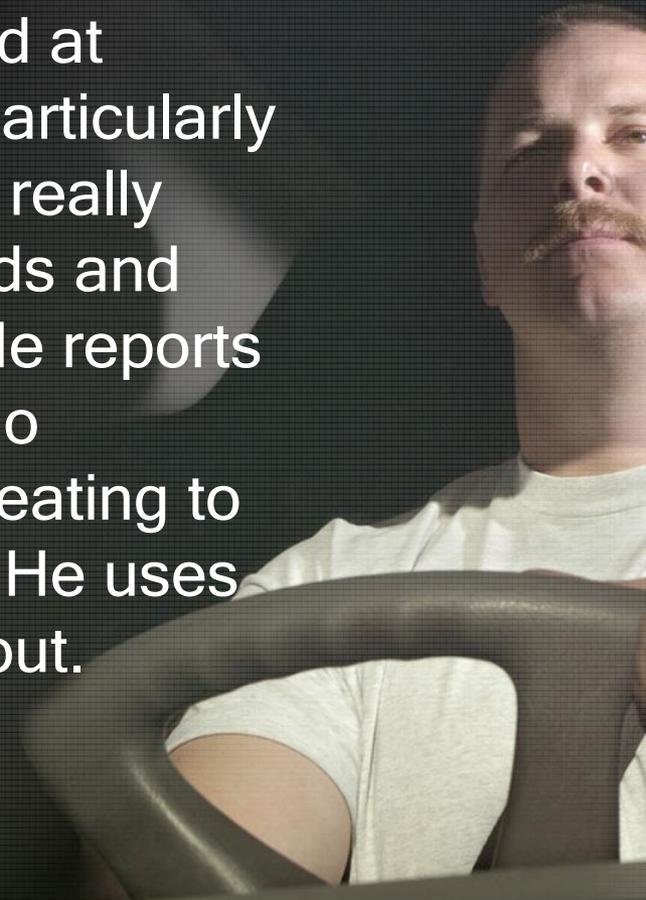
Intermittent Explosive Disorder

- **Emotional Regulation** helps clients manage their emotions on a daily basis, which reduces stressful and critical situations that in turn reduces the number of emotional outbursts and problematic behaviors.
- **Interpersonal Effectiveness** means committing to being appropriately assertive, collaborative and able to agree to disagree.



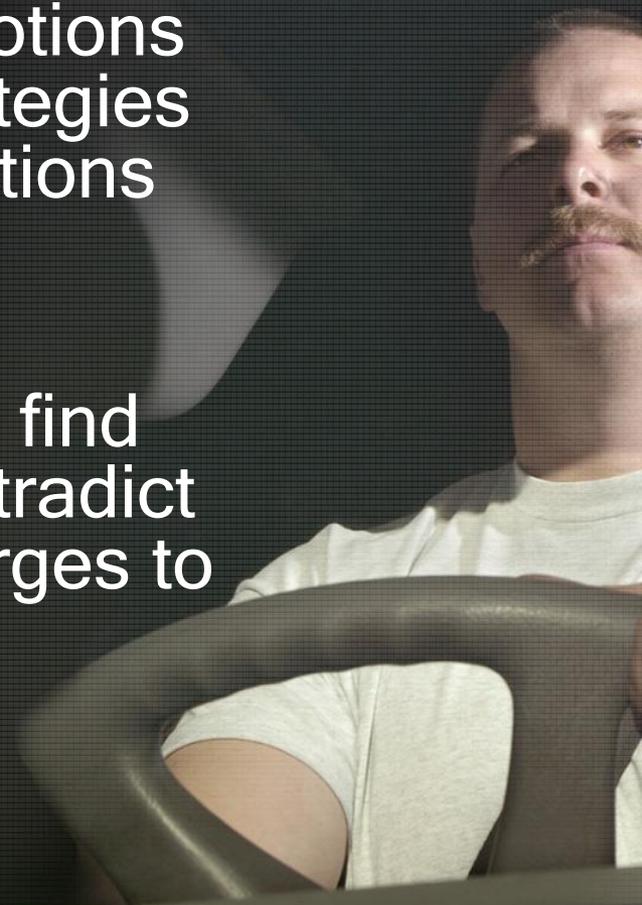
Intermittent Explosive Disorder

The client is a 41-year-old heterosexual Latino male with problems losing his temper at work and at home. He gets mad at the smallest thing, particularly when he feels disrespected. When he gets really mad, he drinks. Then he “drunk dials” friends and family to leave nasty messages for them. He reports thinking most people are idiots and serve no purpose. He was admitted on a hold for threatening to kill his neighbor who wouldn’t trim his tree. He uses heroin to help him calm down and mellow out.



Intermittent Explosive Disorder

- Using a **Moment to Pause**, this client can learn to notice when his emotions are gearing up and develop strategies to manage them before the emotions are out of control.
- This client can use **Half Smile** to find something to smile about to contradict the anger and short circuit the urges to use.



Intermittent Explosive Disorder

- **Opposite to Emotions** will help this client experience other emotions in addition to his anger.
- He can enhance his relationships with **GIVE** by being Gentle, Interested, Validating and having an Easy Manner with others.



The background image is a composite. On the right side, there is a close-up of a person's face, possibly a woman, with dark hair and eyes looking down. A semi-transparent, rounded rectangular inset with a green tint is overlaid on the left side of the face, showing a similar close-up of the person's mouth and nose. In the lower right foreground, a hand is holding a pair of scissors, with the blades pointing towards the bottom right. The overall color palette is muted, with a lot of green and brown tones.

Oppositional Defiant Disorder

Oppositional Defiant Disorder

- **Mindfulness** helps these clients stay in the here and now and not get caught planning revenge in the future or thinking about previous disappointments.
- **Distress Tolerance** provides these clients with the tools to manage frustrations and difficulties so they can avoid acting out or using.



Oppositional Defiant Disorder

- **Emotional Regulation** provides the competencies essential for day-to-day management of emotions and impulses.
- **Interpersonal Effectiveness** gives clients the opportunity to build healthy relationships based on respect, mutuality and integrity.



Oppositional Defiant Disorder

A 15-year-old Asian American of Korean descent is brought in by her older sister whom she lives with. Her parents kicked her out because they were ashamed of her behavior. She is failing several subjects in school. She plays video games for hours even when she has homework and chores to do. Her parents discovered that she had sent or received over 5000 text messages last month. She has been caught on sexually explicit websites. She is using meth and pot. She seems to do whatever she wants regardless of the rules or expectations of others.



Skills for Oppositional Defiant Disorder

- This client can learn pro-social attitudes and behaviors from the Teenage Mutant Ninja Turtles and then practice being a **Turtle** at school, at home and when interacting with others. **Turtling** teaches her to use a variety of strategies to take care of herself just like turtles do.
- Using the **Self Soothe Kit** this client can feel less out of control and able to self regulate more effectively.



Skills for Oppositional Defiant Disorder

- **MEDDSS** is another skill that will increase the client's ability to self regulate.
- **Repairs** can help this client be able to apologize, accept apologies and let things go as well.



Trauma



Trauma

- **Mindfulness** helps clients live in the here and now, stop reliving the event and take care of self now.
- **Distress Tolerance** helps clients actively manage difficulties and use healthy distractions.



Trauma

- **Emotional Regulation** increases the client's competencies with emotional issues.
- **Interpersonal Effectiveness** empowers clients who have experienced trauma to set appropriate boundaries, be effectively assertive and establish healthy relationships.



Trauma

The client is a 49-year-old lesbian Native American female who was raised on a reservation in poverty. There is a history of intergenerational trauma in this family and tribe. She moved off the reservation to go to college and has not been back. She has a history of being taken advantage of by men. She works two low paying jobs to make ends meet. Her most recent stressor was being mugged on her way home from work after midnight. She is having trouble sleeping, feels unsafe, believes people are following her, startles easily and feels empty on the inside. She drinks nearly every day to cope with all the stress and feelings of being unsafe.



Skills for Trauma

- **Effectively** empowers her to be safe while also living her life.
- **Half Smile** can help her appreciate your strengths and the support she does have. She can begin to view herself as a survivor not just a victim.



Skills for Trauma

- This client can manage her emotions by using the acronym **MEDDSS** to establish safety, take care of herself, and not use.
- She can use the **DEAR SELF** to be assertive and safe in relations.



Practice Opportunity