

University of North Carolina at Chapel Hill
School of Social Work Clinical Lecture Series

What's New in DBT? Meggan Moorhead, Ed.D.
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Why Keep On?

Schmahl (2014) and Gunderson (2012) show that while BPD symptoms decrease, long term follow up:

- 50% GAF scores under 61,
- 53% unemployed or in school,
- 36% on disability, social isolation pervades.


Areas of Study

- Emotions
- Interventions
- Mindfulness
- Populations
- TADBiT




Emotions

- Evolutionary function of 9 emotions
- Higher level of baseline arousal
- Schmahl et al. *Review 2014*
- New work in emotion regulation
 - Fineran, 2014
 - Tull et al.




Mechanisms of Emotional Processing Fineran, 2014

- Higher baseline of arousal, BPD, PTSD, BED
- Shame, guilt, disgust, fear
- High neg leads to dissociation
- Sees social rejection where it is not
- Disturbed Processing ←-----→ ineffective responses
- Tension, dissociation, maladaptive coping



Schmahl, 2014

- Review of over 108 studies
- Emotion Regulation includes social assumptions, neural mechanisms, action tendencies
 1. Higher arousal at baseline
 2. Most aversive: shame, guilt, disgust, fear




Schmahl cont.

3. Experience of high negative can lead to dissociation
4. No genetic findings
5. Amygdala 13% smaller, hippocampus 11% smaller, cingulate gyri smaller



Gratz et al., 2013

- High threat in response to perceived social rejection (which is:
 - The need to belong, for self respect, perceived control, meaningful existence
 - BPD = greater threat, lack of effective strategies including labeling of emotion, hard to sustain goal directed beh under stress



Conclusions

- Further Emphasis in DBT Skills Training in Observing and Describing of emotions (everyday)
- Adding the practice of belonging to Participate, along with VITALS
- Tonglen breathing for each of the above four needs
- Interpersonal Effectiveness, under pressure (ask for time, practice distress tolerance)



Conclusions

- Continue graduate groups
- Continue Yearly Retreat
- Continue training in treatment of trauma, SE, SP, PE
- Continue referring to System Centered Therapy



New Interventions

- Banawan: DBT App DBT Diary Card
- Credentialling in DBT
- Rizvi: Treatment protocol for shame
- Linehan: New Skills Training Manual
 - TIP
 - Cope Ahead
 - Acting in accordance with values
- Lynch: Radically Open DBT
- Harned, Korslund and Linehan: adding PE to stage one DBT




Research on Mindfulness

- Lutz et al., 2014 ↑prefrontal and ↓in amygdala
- Bruhl, A. S. et al., 2014 ↓amygdala, prefrontal and insula
- Chavos et al. BPD who practiced had increase in key brain areas and decrease in impulsivity, emotion irregularity and relationship instability
- Hill, 2014 Mindfulness 6x a day increased emotion regulation (teens)
- Dynamic Functional Connectivity mid-200's



New Populations


- Substance Abuse (SA)
- Binge Eating Disorder (BED)
- Adolescents
- Forensic
- Children ages 5-14
- Depressed Elderly
- Treatment Resistant Depression
- Anorexia Nervosa
- Emotional Inhibition
- Over Control



Developments in TADBiT

- Change in leadership
- New Website with DBT therapists
- Adult (women and co-ed)
- Adolescent
- Middle Schoolers
- University
- Eating Disorder
- Couples
- Family Members
- Transgender
- Graduate Groups
- Skills Training for Tx

- Needs
 - Forensic
 - Elderly



Cited studies

Fineran, V. (2014). Multimodal emotion perception in Borderline Personality Disorder. *Dissertations and Theses, 2014-Present*. Paper 205

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Gunderson, JG, Keuroghlian AS, McGlashan TH, et al. (2014). Interactions of borderline personality disorder and mood disorders over 10 years. *The Journal of clinical psychiatry, 75*: 829-834.

Schmahl, C. et al. (2014). Mechanisms of disturbed emotion processing and social interaction in borderline personality disorder: state of knowledge and research agenda of the German Clinical Research Unit, *Borderline Personality Disorder and Emotion Dysregulation, 1*:12.
