What's New in DBT?  
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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
  – Gratz 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
3. Experience of high negative can lead to dissociation
4. No genetic findings
5. Amygdala 13% smaller, hypocampus 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
  - 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: Increase in prefrontal and decrease in amygdala
- Bruhl, A. S. et al., 2014: Decrease in 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


