



Dialectical Behavioral Therapy (DBT) for Substance Use Disorders

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Speaker: Samantha Santamaria, MSW
Clinical Specialist
UCLA ISAP

Tribal MAT ECHO™ Staff: Gloria Miele, PhD, Daniel
Dickerson, DO, MPH, Katie Bell, MSN, Thomas E.
Freese, PhD, and Beth Rutkowski, MPH

Indigenous Land Acknowledgement

- We respectfully acknowledge that we live and work in territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- Please join us in supporting efforts to affirm Tribal sovereignty across what is now known as California and in displaying respect, honor and gratitude for all Indigenous people.

Whose land are you on?

Option 1: Text your zip code to 1-855-917-5263

Option 2: Enter your location at <https://native-land.ca>

Option 3: Access Native Land website via QR Code:





Pride Month 2022

UCLA Health

**STAND UP.
BE WELL.
BE YOU.**

Pride 2022



#OUTPROUDANDWELL



Men's Health Month 2022



Men's Health Month

Awareness
Prevention
Education
Family

The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.



Learning Objectives

- ▶ At the end of this presentation, participants will be able to:
 - ▶ Distinguish the origins of DBT and the four (4) groups of skills utilized in DBT
 - ▶ Recall two (2) ways in which DBT skills can be useful for those in treatment for substance use disorders
 - ▶ Apply one (1) specific DBT Skill pertaining to Distress Tolerance



Origins of DBT

- ▶ Dialectical Behavioral Therapy (DBT) is a form of cognitive behavior therapy created in the 1970s by Psychologist Dr. Marcia Linehan.
- ▶ DBT is an evidence-based treatment model that emphasizes skills-building.
- ▶ It was originally developed to reduce suicide attempts and non-suicidal self-injury behaviors. DBT was further adapted to treat Borderline Personality Disorder (BPD).
- ▶ Since its inception, DBT has shown favorable outcomes in treating addiction and substance use by diminishing cravings and mitigating impulsive and harmful behaviors.
- ▶ DBT skills training is typically delivered in a group format to target the enhancement of client capabilities.

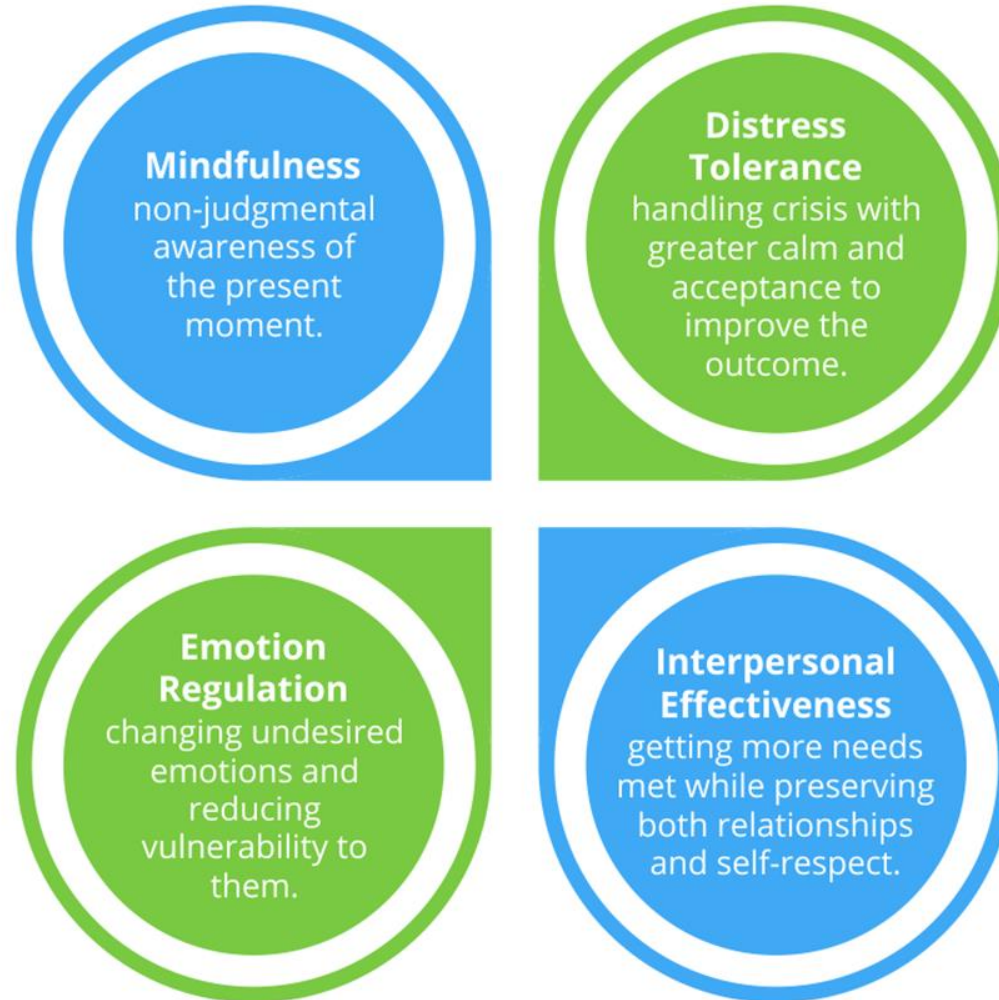


The Four DBT Skills

- ▶ At its core, DBT helps people build four major skills:
 - ▶ Mindfulness
 - ▶ Emotional Regulation
 - ▶ Distress Tolerance
 - ▶ Interpersonal Effectiveness



The Four DBT Skills





DBT for Substance Use Disorders

- ▶ Research has shown that DBT can help those with Substance Use Disorders in several ways:
 - ▶ **Mindfulness skills** and practices help people be at peace with the present moment, whatever it may be
 - ▶ **Distress tolerance skills** give people a greater capacity to manage intense emotional experiences and stressors, thereby lessening the need to manage or escape them with substances
 - ▶ **Interpersonal effectiveness** and communication skills help people to more effectively communicate their experiences, needs, and boundaries, among other things
 - ▶ **Emotional regulation skills** help motivate people to identify and act on what they can change in their lives



DBT for Substance Use Disorders

- ▶ DBT can also help those with Substance Use Disorders by:
 - ▶ Building positive self-image and confidence in one's own strengths and abilities, which is essential in maintaining abstinence in recovery
 - ▶ Helping to change the behaviors and environments that may put a person at risk for (re)lapse
 - ▶ Encouraging those in recovery to remove triggers for relapse, such as unhealthy relationships, drug paraphernalia, or places where substance misuse is common
 - ▶ Identifying, challenging, and addressing black and white thinking and catastrophizing, creating room for more nuanced thinking during stressful situations



Distress Tolerance

- ▶ Distress Tolerance skills assist people handle crises with greater calm and acceptance to improve the outcome
- ▶ Distress Tolerance skills are helpful when:
 - ▶ Intense physical and/or emotional pain is present
 - ▶ Emotional pain is too strong, and it feels overwhelming
 - ▶ Strong urges to engage in impulsive behaviors are present



ACCEPTS - A Distress Tolerance Skill

- A** Activites - Engage in any healthy activity. Some ideas: Read a book, exercise, call a friend, clean, cook a new recipe.
- C** Contributing - Do something kind for someone. For example, cook food for a friend or relative, mow the neighbor's lawn, send an encouraging text.
- C** Comparisons - Put your life in perspective. Ask yourself: Am I safe? Am I fed? Is there someone who cares about me?
- E** Emotions - Invoke the opposite emotion of your current feeling to reduce its intensity. If anxious, practice meditation. If sad, watch a funny video.
- P** Push Away - Push the problem out of your mind temporarily and set a time to come back to it. Distract yourself with other activities and get present.
- T** Thoughts - Replace negative, anxious thoughts with activities that keep the mind busy. For example, say the alphabet backwards or do a puzzle.
- S** Sensation - Use your 5 senses to self-sooth. Some ideas: Take a warm bath, light a candle, play relaxing music, eat a comforting snack.

ACCEPTS - A Distress Tolerance Skill



ACCEPTS

In the moment, distressing emotions may seem impossible to overcome. However, over time, these emotions will lessen in intensity, and eventually fade away. The acronym **ACCEPTS** outlines seven techniques for distracting yourself from distressing emotions until they pass.

Activities

Do an activity that requires thought and concentration.

- Read a book.
- Write in a journal.
- Do a work project or school assignment.
- Play a sport.

Contributing

Do something that allows you to focus on another person.

- Ask a friend about their day.
- Make a gift for a loved one.
- Volunteer.
- Send a thoughtful card.

Comparisons

Put your situation in perspective by comparing it to something more painful or distressing.

- Think of a time when you were in more distress and realize how things are not as bad right now.
- Realize how resilient you are by thinking of someone who is coping less well than you are.

Emotions

Do something to create a new emotion that will compete with your distressing emotion.

- Sad? Watch a happy movie.
- Anxious? Practice deep breathing.
- Angry? Go for a walk.

Pushing away

Avoid a painful situation or block it from your mind using a technique such as imagery.

- Try to delay harmful urges for one hour. If the urge doesn't pass, put it off for another hour.
- Imagine putting your negative thoughts in a box, taping it shut, and putting it in the back of your closet.

Thoughts

Use a mental strategy or an activity to shift your thoughts to something neutral.

- Starting with the letter "A," name objects around you that start with each letter of the alphabet.
- Count a specific object around you (e.g. bricks, trees...) • Sing a song out loud or recite it in your head.

Sensations

Find safe physical sensations to distract you from distressing emotions.

- Hold an ice cube in your hand.
- Eat something sour or spicy.
- Take a cold shower.

ACCEPTS

Instructions: Respond to the following prompts to create your own **ACCEPTS** plan for tolerating distress. Give responses that you would be likely to use.

What is a **distressing emotion** you would like to manage with **ACCEPTS**? _____

Activities: List activities requiring concentration that would distract from your distressing emotion.

Contributing: List activities that allow you to focus on others, instead of your distressing emotion.

Comparisons: Describe a time when you struggled with your distressing emotion, but showed resilience. Recall this experience when faced with the emotion again.

Emotions: How can you create a new emotion that competes with your distressing emotion?

Pushing away: What can you do to avoid thoughts and situations that create the distressing emotion?

Thoughts: List mental strategies or activities that would distract you from your distressing emotion.

Sensations: How can you create a safe physical sensation to distract from your distressing emotion?

Other Distress Tolerance Skills

- ▶ The “TIP” Skill
- ▶ The “STOP” Skill
- ▶ The “Half-Smile” technique
- ▶ The “Willing Hands” Technique
- ▶ Radical Acceptance





A Note on Distress Tolerance Skills

- ▶ Potential to be overused and practiced as an avoidance technique
 - ▶ Distress Tolerance skills should be combined with problem-solving
 - ▶ If the problem causing the crisis cannot be solved or some time must elapse before problem-solving can occur, it's important to cope with the emotions that arise using emotional regulation skills

Cultural Adaptions of DBT

Cultural Adaptations of Dialectical Behavior Therapy: A Systematic Review

Stephanie L. Haft¹, Sinclaire M. O'Grady¹, Esme A. L. Shaller^{1, 2}, and Nancy H. Liu¹

¹ Department of Psychology, University of California, Berkeley

² Department of Psychiatry and Behavioral Sciences, University of California, San Francisco

- ▶ DBT is principle-driven, rendering it well-suited for adaptations across cultural contexts.
- ▶ Adapting DBT interventions to the race, ethnicity, or culture of the target group can enhance the acceptance and effectiveness of the treatment (Haft et al., 2022).
- ▶ Culturally-adapted DBT has been implemented and accepted among several racial, ethnic, and cultural groups.



Cultural Adaptions of DBT

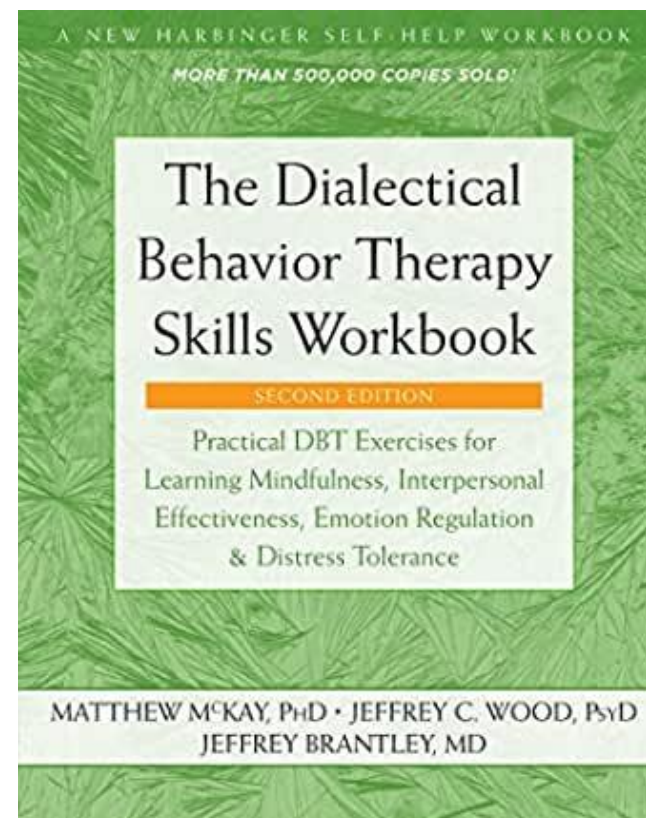
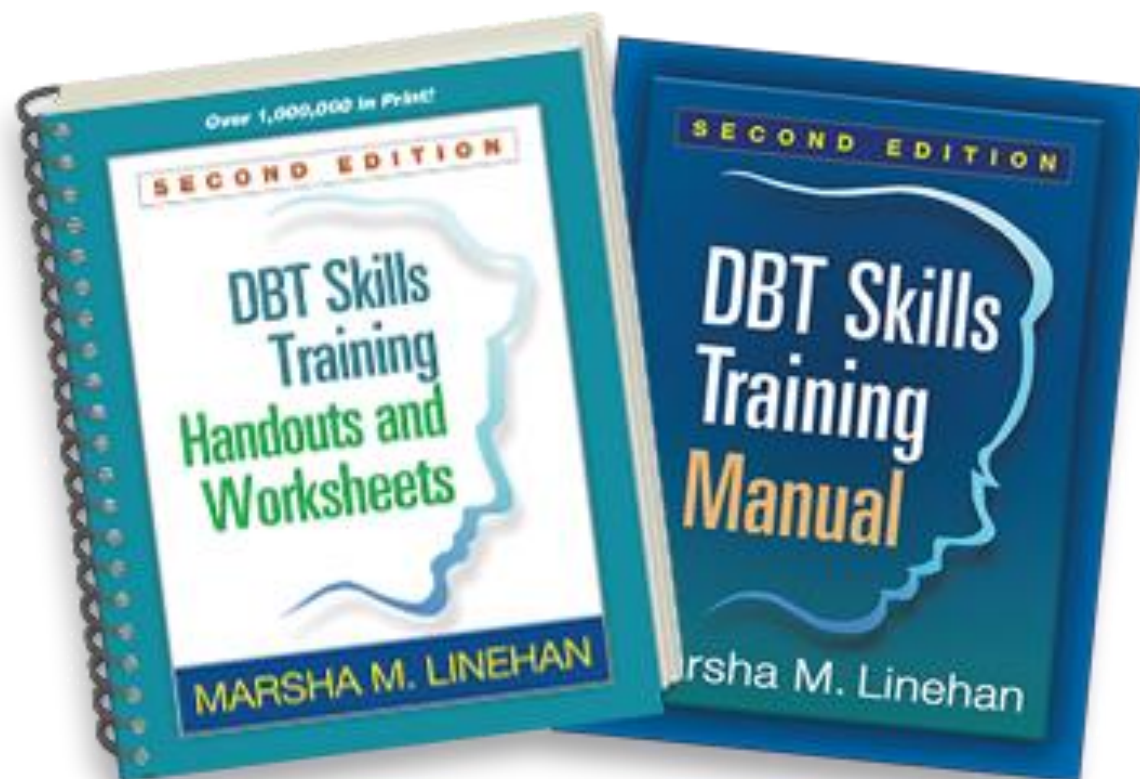
Dialectical behavior therapy with American Indian/Alaska Native adolescents diagnosed with substance use disorders: Combining an evidence based treatment with cultural, traditional, and spiritual beliefs☆

D. Joel Beckstead ^{a,*}, Michael J. Lambert ^b, Anthony P. DuBose ^c, Marsha Linehan ^d

- ▶ DBT mindfulness skills and cultural practices
- ▶ As an example, Dr. Linehan (the developer of DBT), identified the sweat lodge ceremony, talking circle, and smudging as aligned with the goals and mindfulness skills of DBT.
- ▶ Incorporation of cultural, spiritual and traditional practices is possible while still maintaining fidelity to the treatment of DBT.



Additional Learning



SAVE THE DATE: September 7, 1-5pm

CommUnity Connections

Bridging Best Practice and Cross-Cultural Care



A statewide convening (attend in person in Sacramento or online) to bring together Tribal/Urban Indian and other substance use treatment providers to improve cross-cultural care for Native people in California.

Partial travel scholarships available.
More information coming soon.

