

Non-comprehensive Dialectical Behavior Therapy with a focus on mindfulness and skill training

Yasuko KOYANO, PhD, RN, PHN, Department of Mental Health and Psychiatric Nursing, The Jikei University

JAPAN

Introduction

The author has been conducting the program mainly for a skill training of Dialectical Behavior Therapy by the psychiatric outpatient practice with night care since 2011. Here is a report on the usefulness of Non-comprehensive Dialectical Behavior Therapy with the individual participant's interviews up to the present.

Program contents

1. Form

Open trial as anyone with a desire for participation can freely participate in the trial

2. Group size

A small group with 7-8 participants each time

3. Target patient

Patients who suffer a difficulty of emotional regulation or interpersonal relationship such as neurotic disorders, developmental disorder, and borderline personality disorder without a requirement of hospitalization.

4. Frequency and time frame for the program

Once a week (90 minutes)

5. Program contents

A) "Mindfulness" with various variations such as breathing and raisin eating

B) "Sharing by paying attention to positive emotions" such as good and happy experience

C) Lecture and work for the training of 4 main skills such as "Distress tolerance, mindfulness, emotional regulation, and maintenance of interpersonal relationship in Dialectical Behavior Therapy"

The program results

Case A

- The subject of this study was a mail in her 30s who has been suffered by the problem of personal relationships.
- Mindfulness with repeated-various variations each time as an introduction of the program became a training for a patient to notice his/her own emotions along with enhancement of the sensitivity.
- Rush of positive emotions was effectively enhanced through a sharing with a focus on subsequent positive events. The skill training followed by the enhancement allowed a patient to generate an ease of mind as not being influenced by emotions due to appropriately understanding his/her own emotions.
- It was clarified that variation through a change how to comprehend others' emotions by appropriately understanding one's own emotions was effectively developed for further variation to solve a problem .

Case B (Koyano.2017)

- The study subject was a woman in her 50's, who was receiving psychiatric outpatient care for emotional dysregulation caused by psychological trauma derived from abuse by her parents.
- The self-awareness of intense emotions and therapeutic use of skills improved her interpersonal relations through incorporation of useful tips for the achievement of her goals from the skills training, leading her to recovery. These experiences made her feel as if a lace curtain had been removed from in front of her eyes, and also changed her view of the world, leading to relief from the difficulties that she had experienced in her life.

Case C (Koyano.2015)

- The subject of this study was a female in her 50s who has been suffered by the problem of personal relationships. She started to attend the psychiatric outpatient clinic to manage emotional up-down. She was treated by a psychiatrist twice a month and she visited the hospital 3 or 4 times a week for the day-night care. The interview was held a year and 3 month after since she has enrolled to the program. She participated 20 times.
- The skills training enabled the patient to draw the line between self and others, which had been difficult for her. As a result, she became able to easily express her emotions, which had been her goal, while maintaining an appropriate distance from others. For these, "mindfulness" training combined with another skills training program in each session was considered as very effective.
- Regarding the management of the anxiety disorder, she acquired self-control methods, such as early management after becoming aware early of signs of panic attacks .

Case D (Koyano.2014)

- The subject of this study was a Ms. A, a female in her 40s who caused trouble because of self-destructive behavior and impulse problems and who was attending the psychiatric outpatient clinic because her emotional life had become difficult.
- An improvement that was sufficient to change the emotional life that was difficult for Ms. A to live was observed as a result of dialectical behavior therapy skill training over a 2-year period. Effectiveness was observed at the end of the first year of the intervention, when training in half of the 4 main skills had been completed, and continuation of its effectiveness was also seen in the long course of the subsequent one year. As a result of the emotional transformation due to skill training, changes occurred not only in the patient herself but in her relationships with society around, and from a person who was assisted and was the object of concern as someone who was suffering psychologically, Ms. A has become s person who on her own undertakes behavior that is helpful to others, and recovery is observed by those around her. By accepting such responses from those around her, Ms. A has been freed from the impulse problems associated with the feelings that overwhelmed her, from depression, and from suicidal ideation, which was the goal of therapy, and she now personally experiences the effects of dialectical behavior therapy skill training and has become aware of her recovery.

Reference

Yasuko Koyano, Makiko Mori (2017), Effectiveness of Non-Comprehensive Interventions using a Dialectical Behavior Therapy Skills Training - Analysis of A Case of Psychological Trauma Caused by Abuse-Bulletin of Juntendo Institute of Mental Health, 27, 98-102 .
Yasuko Koyano , Makiko Mori (2015), Qualitative analysis of the process of emotional transformation in a patient with panic disorder- Effectiveness of three skills training using a dialectical approach- Bulletin of Juntendo Institute of Mental Health, 25 , 182-187.
Yasuko Koyano, Makiko Mori (2014), Qualitative analysis of the process of emotional transformation in a patient with difficulty in controlling emotions- Effectiveness of four cardinal skills training using a dialectical approach-, Bulletin of Juntendo Institute of Mental Health, 25 , 114-119.