Bipolar, Borderline Substance Abuse, OH MY

Treating the most difficult cases!
Normal
Alcohol Abuse
Normal Undersurface
Smoking
Depression
Bipolar Disorder
Methamphetamine
Who are these people? …

- Impulsive and self-destructive behaviors
- Unstable sense of self-emptiness
- High emotional reactivity
- Habit of seeing others and world as black and white / right and wrong/ fair and unfair
- Unstable relationships
- Fear of being abandoned
- Rapid mood changes mixed with anxiety or depression
Six types of addicts

- Compulsive-increased AC; over-focused, worrying, letting go hurts- low serotonin
- Impulsive- low PFC; bored, impulsivity, distracted-stimulants
- Impulsive/Compulsive-low PFC
- Sad/Emotional-high limbic + low PFC; sad, depressed, carbs, sleep, low energy-check Vit D, DHEA, SAMe, get moving
- Anxious-high BG low GABA; predicts the worst, Vit B6
- Temporal Lobe- temper, mood instability, low memory
BEHAVIORISM

IS ALL ABOUT PAIN OR PLEASURE
VALIDATION AND CHANGE

WE HAVE 2 WAYS TO CHANGE BEHAVIOR:

MOTIVATION
SKILLS TRAINING
CHANGE YOUR STINKIN THINKIN

- REALITY VS STORY
- AFFRIMATIONS EVERYWHERE
- ACTIVELY WATCH YOUR THOUGHTS
Irrational Beliefs

- Where do they come from
- We all have them
- Prefrontal Cortex
  - Insight, Hindsight, Foresight
  - Find irrational Beliefs – FIBS

Absolutely necessity for ….
Its horrible when……
I should feel fear…..
I must be..
ACT OPPOSITE

Thoughts + Emotion = BEHAVIOR EVERY TIME!

- FEAR
- ANGER
- SADNESS
- GUILT/SHAME
OPTIONS FOR RESPONDING TO PROBLEMS

- Solve the problem
- Change your emotional reaction to problem
- Tolerate/accept the problem
- Stay miserable

How do I use DBT to solve problems?
- What is missing between “knowing and doing?”
- Match solution to goal, needs, desire.
DBT HIERARCHY

● STAGE 1

- LIFE-THREATENING BEHAVIOR
- THERAPY INTERFERING BEHAVIOR
- CRISIS-GENERATING BEHAVIOR
How does DBT work

Separates Skills Training from Individual Therapy.

Telephone coaching with trained therapist

Daily Diary Card

Dedication, sacrifice, and effort required to successfully complete DBT program
Crisis Generating Behaviors

- Substance Abuse
- Unprotected Sex
- Extreme Financial Difficulties; unpaid bills, gambling, spending, inability to manage PA
- Serious dysfunctional interpersonal behaviors; staying with, emotional, physical, sexual abuse, ending relationships prematurely
- Employment/School; Quitting, fired, fear going forward, late
- Illness- not taking med, no proper medical care, overtaking med, fear
- Housing: shelter, cars, overcrowded, evictions, abuse people
- Mental Health Related: revolving doors, Dr., ER’s, hospital stays hopping pharmacotherapists
- Other Axis II criteria
MINDFULNESS

IS THE CORE TO EMOTIONAL REGULATION

OBSERVE          NON-JUDGEMENT

DESCRIBE         ONE-MINDFULLY

PARTICIPATE      EFFECTIVELY

• START WITH 8 MINUTES OF SILENCE
DISTRESS TOLERANCE SKILLS

HOW TO SURVIVE A CRISIS

- ACCEPT REALITY
- BECOME WILLING vs WILLFULL
- RADICAL ACCEPTANCE
- TURNING THE MIND
- DISTRACT AND GET BACK TO WISE MIND
EMOTIONAL REGULATION

“Please” & Master Skills

Don’t be vulnerable to Negative Emotions

- Treat Physical or mental illness
- Laugh
- Balanced Eating
- Avoid drugs and alcohol
- Balanced Sleep
- Exercise

- Build self confidence and self control by engaging in an activity you have Mastered.
INTERPERSONAL RELATIONSHIPS

NO BOUNDRIES
WHAT GOT IN THE WAY
GOALS

- OBJECTIVE
- RELATIONSHIP
- SELF-RESPECT
FACTORS THAT REDUCE EFFECTIVENESS

- LACK OF SKILL
- WORRY WHAT OTHERS THINK
- EMOTIONS
- INDECISION
- ENVIRONMENT