

Dialectical Behavior Therapy for Adolescents With Repeated Suicidal and Self-harming Behavior: A Randomized Trial

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Objective: We examined whether a shortened form of dialectical behavior therapy, dialectical behavior therapy for adolescents (DBT-A) is more effective than enhanced usual care (EUC) to reduce self-harm in adolescents. **Method:** This was a randomized study of 77 adolescents with recent and repetitive self-harm treated at community child and adolescent psychiatric outpatient clinics who were randomly allocated to either DBT-A or EUC. Assessments of self-harm, suicidal ideation, depression, hopelessness, and symptoms of borderline personality disorder were made at baseline and after 9, 15, and 19 weeks (end of trial period), and frequency of hospitalizations and emergency department visits over the trial period were recorded. **Results:** Treatment retention was generally good in both treatment conditions, and the use of emergency services was low. DBT-A was superior to EUC in reducing self-harm, suicidal ideation, and depressive symptoms. Effect sizes were large for treatment outcomes in patients who received DBT-A, whereas effect sizes were small for outcomes in patients receiving EUC. Total number of treatment contacts was found to be a partial mediator of the association between treatment and changes in the severity of suicidal ideation, whereas no mediation effects were found on the other outcomes or for total treatment time. **Conclusion:** DBT-A may be an effective intervention to reduce self-harm, suicidal ideation, and depression in adolescents with repetitive self-harming behavior. Clinical trial registration information—Treatment for Adolescents With Deliberate Self Harm; <http://ClinicalTrials.gov/>; NCT00675129. *J. Am. Acad. Child Adolesc. Psychiatry*, 2014;53(10):1082–1091. **Key Words:** self-harm, attempted suicide, psychotherapy, randomized trial

Self-harming behavior (nonfatal self-poisoning or self-injury with or without suicide intent)¹ in adolescents is a serious public health problem in many countries. According to population studies, between 5% and 10% of adolescents report past-year self-harm, with cutting as the most commonly reported method. Relief from intensely unpleasant emotions or dying are reported as the most common

reasons for such behavior.^{2,3} Only 10% to 20% of adolescents who have self-harmed report receiving any kind of subsequent treatment.⁴ Even fewer report having received treatment in child and adolescent psychiatric services. Among those who are referred to specialized care, many will be noncompliant with the treatment or will drop out prematurely because of treatment-interfering characteristics of the adolescents, their families, or the clinical services. Self-harm is a powerful predictor of completed suicide.⁵ There is thus a strong need to develop effective interventions that are accessible and acceptable to adolescents and their families, as well as feasible for clinicians in community mental health settings.

Repetitive self-harm is very often linked to personality disorders, in particular to borderline



This article is discussed in an editorial by Dr. Alan Apter on page 1048.



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Dialectical Behavior Therapy With Suicidal Adolescents

Alec L. Miller



Dialectical Behavior Therapy With Suicidal Adolescents:

Dialectical Behavior Therapy with Suicidal Adolescents Alec L. Miller, 2017-05-19 Filling a tremendous need this highly practical book adapts the proven techniques of dialectical behavior therapy DBT to treatment of multiproblem adolescents at highest risk for suicidal behavior and self injury The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual family and group based interventions Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for Walking the Middle Path a DBT skills training module for adolescents and their families Purchasers get access to a Web page where they can download and print these handouts and several other tools from the book in a convenient 8 1/2 x 11 size See also Rathus and Miller s DBT Skills Manual for Adolescents packed with tools for implementing DBT skills training with adolescents with a wide range of problems *Evidence-Based Treatment Approaches for Suicidal Adolescents* Michele Berk, Ph.D., 2019-03-12 The book includes a chapter written by the treatment developer s on each of the six treatments that have been shown in randomized controlled trials to reduce suicidal and or self harm behavior in adolescents with prior histories of these behaviors *The Handbook of Dialectical Behavior Therapy* Jamie Bedics, 2020-05-15 Dialectical behavior therapy DBT has become a useful treatment for a range of clinical problems and is no longer limited to the treatment of suicidal behaviors or borderline personality disorder The Handbook of Dialectical Behavior Therapy Theory Research and Evaluation reviews the evidence based literature on use of DBT in a wide range of populations and settings The book begins with the foundations of DBT its history development core principles mechanisms of change and the importance of the therapeutic relationship It also reviews the efficacy of DBT for treatment of suicidal behavior eating disorders and substance abuse disorders as well as its use for children adolescents and families A section on clinical settings reviews implementation in schools college counseling centers and hospitals Provides an overview of DBT including its development core principles and training Discusses the importance of the therapeutic relationship and alliance in DBT Outlines DBT treatment for suicidal behavior eating disorders and substance use disorders Includes DBT as treatment for adolescents and children Covers DBT implementation in schools counseling centers and hospitals *Dialectical Behavior Therapy in Clinical Practice* Linda A. Dimeff, Shireen L. Rizvi, Kelly Koerner, 2020-11-10 This influential work has now been substantially revised with over 60% new material reflecting over a dozen years of research and clinical advances Leading experts describe innovative ways to use dialectical behavior therapy DBT in a wide range of real world clinical and community settings The volume provides wise guidance on setting up running and evaluating a comprehensive DBT program It also presents adaptations designed to meet the needs of particular client populations as time and cost effectively as possible Vivid case examples illustrate diverse applications of DBT for helping adults adolescents and children reduce suicidal and self harming behavior overcome complex

multiple challenges and build a life worth living New to This Edition Presents current best practices for making DBT more efficient and accessible while maximizing program fidelity Chapters on additional populations including persons with posttraumatic stress disorder and preadolescent children Chapters on additional settings including milieu based programs university counseling centers and middle and high schools Chapters on pharmacotherapy promoting employment and self sufficiency training and supervision and DBT beyond Stage 1 See also *Doing Dialectical Behavior Therapy A Practical Guide* by Kelly Koerner which demonstrates DBT techniques in detail

Therapie psychischer Störungen bei Kindern und Jugendlichen Fritz Mattejat, Helmut Remschmidt, Andreas Warnke, 2007-11-21 Therapiestrategien wirksam kombinieren Die Zahl der Kinder und Jugendlichen mit psychischen Problemen hat in Deutschland in den letzten Jahrzehnten deutlich zugenommen Mittlerweile leidet jedes fünfte Kind unter einer mehr oder weniger schweren psychischen Störung mindestens ein Drittel davon müsste dringend behandelt werden Für die Behandlung psychischer Störungen gibt es keine universell wirksame Behandlungsmethode erst durch die Kombination verschiedener spezifisch angepasster Therapieformen ist eine dauerhaft wirksame Intervention möglich Dieses integrative Lehrbuch für die Praxis vermittelt die Grundlagen therapeutischen Vorgehens sowie störungsspezifisch ausgerichtete Therapieansätze für die wichtigsten Störungsbilder Zahlreiche therapeutische Fallbeispiele und Antworten auf die meistgestellten Fragen der Kinder und ihrer Angehörigen ergänzen das breite Spektrum der inhaltlichen Vielfalt

Cognitive Behavioral Therapy, An Issue of Child and Adolescent Psychiatric Clinics of North America Todd Peters, Jennifer Freeman, 2011-04-28 This issue provides a unique and valuable perspective on forensic matters in child and adolescent psychiatry with an approach that adds new thinking to the discussion rather than rehashing known facts The issue is divided into several sections juvenile offenders family law custody and visitation child maltreatment personal injury law suits forensic issues in clinical child and adolescent psychiatry and training in child and adolescent psychiatry A wide range of topics are explored within each section All articles are geared toward child psychiatrists in clinical practice providing practical information in this very important area of study

Child and Adolescent Therapy Philip C. Kendall, 2011-09-26 Widely regarded as the definitive clinical reference and text in the field this authoritative volume presents effective cognitive behavioral approaches for treating frequently encountered child and adolescent disorders The editor and contributors are leading experts who provide hands on how to do it descriptions illustrated with clinical examples Relevant theories and research findings are explained and exemplary treatment manuals and client workbooks reviewed Coverage encompasses evidence based treatments for aggression attention deficit hyperactivity disorder anxiety disorders depression and suicidality obsessive compulsive disorder eating disorders and trauma Ways to involve parents in treatment are addressed throughout New to This Edition Presents advances in conceptualizing and treating specific clinical problems Up to date information on treatment manuals and outcome research Chapters on additional therapies modular treatments dialectical behavior therapy and mindfulness based interventions

DBT-A: Dialektisch-behaviorale Therapie für Jugendliche Christian Fleischhaker, Barbara Sixt, Eberhard Schulz, 2011-04-22 Die Arbeitsgruppe Dialektisch Behaviorale Therapie für Adoleszente DBT A am Universitätsklinikum Freiburg beschäftigt sich seit mehr als 5 Jahren mit der Implementierung und Weiterentwicklung der DBT A im ambulanten und stationären Setting im deutschsprachigen Raum Die Dialektisch Behaviorale Therapie DBT wurde von der amerikanischen Psychologieprofessorin und Klinikleiterin Marsha M Linehan entwickelt Die DBT basiert auf einem neurobehavioralen Modell das eine Steuerung der Emotionsregulation ins Zentrum rückt Die DBT gibt eine dynamisch hierarchisierte Behandlungsstruktur vor die eine Ausrichtung der jeweiligen Ziele und Interventionen an die häufig wechselnden psychischen und sozialen Bedingungen der Patienten ermöglicht ohne dabei die Orientierung im therapeutischen Behandlungsprozess zu verlieren DBT A für Jugendliche besteht aus einer Einzeltherapie regelmäßigen Familiengesprächen einem Fertigkeitentraining in der Gruppe unter Integration eines nahen Angehörigen einer Telefonberatung durch den Einzeltherapeuten und einer Supervisionsgruppe Mit dem DBT A Manual für Kinder und Jugendliche ist ein erfolgreicher und systematischer Therapieansatz gegeben Das Manual dient dabei als direkte Arbeitshilfe und enthält zahlreiche Materialien und Vorlagen Das Arbeitsheft ist vollständig auf einer dem Buch beiliegenden CD enthalten

Borderline-Persönlichkeitsstörungen im Jugendalter Christian Fleischhaker, Eberhard Schulz, 2010-12-07 Borderline Patienten gehören zu den suizidalen Multiproblempatienten Die Borderlinestörungen sind besonders schwierig zu diagnostizieren und zu therapieren Ganz besonders problematisch ist es wenn schon im Kindes und Jugendalter der Verdacht auf eine Borderlinestörung geäußert wird Die Reihe Manuale psychischer Störungen bei Kindern und Jugendlichen verfolgt 3 wesentliche Ziele Interdisziplinärer Ansatz Der Patient steht im Mittelpunkt der Therapie Der Therapeut muss sein Bestes geben die Störung zu diagnostizieren und adäquat zu behandeln Psychiater und Psychologen sind hier gefordert ihr Wissen beizutragen und über den Tellerrand zu blicken Praxisrelevanz Alle Theorie ist grau diese Reihe gibt Ihnen die Tipps und Tricks an die Hand mit denen Sie Ihren schwierigen Arbeitsalltag besser meistern können Didaktik und Struktur Alle Bände sind gleich strukturiert und warten mit einer übersichtlichen Didaktik auf Das Lesen soll Spaß machen und die entscheidenden Informationen müssen schnell erfasst werden können

Handbook of Mental Health Interventions in Children and Adolescents Hans Steiner, 2004-03-29 The Handbook of Mental Health Interventions in Children and Adolescents is an essential guide for mental healthcare professionals to the theory and practice of mental health treatment for children up to age nineteen Written by a panel of the best known names in the field this systematic and comprehensive resource includes the most current information on developmental science as it pertains to treatment psychopharmacology psychotherapy sociotherapy and the integration of treatments

Oxford Textbook of Suicidology and Suicide Prevention Danuta Wasserman, Camilla Wasserman, 2009-03-26 The Oxford Textbook of Suicidology is the most comprehensive textbook on suicidology and suicide prevention that has ever been published It is written by world leading specialists and describes all

aspects of suicidal behaviour and suicide prevention including psychological cultural biological and sociological factors

DBT? Skills Manual for Adolescents Jill H. Rathus,Alec L. Miller,2014-11-20 Dialectical behavior therapy has revolutionized cognitive behavioral therapies with constructs such as mindfulness and acceptance now permeating behavioral approaches Adolescents differ from adult clients with regard to emotional and cognitive developmental level and context they overwhelmingly attend school and reside with their families and depend on them for daily functioning including for getting to therapy Thus we considered developmentally relevant as well as family based targets cognitive processing and capability differences distinct liability issues and interventions with their environments Our adapted adolescent skills handouts are being used in multiple research settings many clinical settings around the world employ some version of our materials The publication of this manual makes them more widely available along with group management strategies and skills teaching notes to assist the DBT skills trainer working with adolescents *American Journal of Psychotherapy* ,1947

Canadian Journal of Psychiatry ,2008 *Helping Others Help Children* T. Kerby Neill,2006 This is a particularly challenging time in the supervision of child psychotherapy The demand for mental health services for children has never been greater yet evidence is accumulating that many therapies practiced in community settings are ineffective In *Helping Others Help Children* Clinical Supervision of Child Psychotherapy T Kerby Neill examines the critical role of supervision in this survey of practices and procedures and explores promising new child therapies The book revisits child therapy for contemporary demands by presenting a cross section of supervision practices in child psychotherapy which include some of the most promising new child therapies Readers will find rich discussions on dealing with supervision of play therapy and cognitive behavioral therapy with children including techniques associated with each therapy and suggestions for the observation and training of supervisees In addition ethics in supervision and cross cultural supervision are addressed This text will empower supervisors students and practitioners to meet the challenges found in all therapeutic environments including urban mental health centers and schools Introduction PsycINFO Database Record c 2007 APA all rights reserved

A Modified Dialectical Behaviour Therapy Skills Group for Multidiagnostic Suicidal Adolescents with Symptoms of BPD. Megan Patricia Tuttle,2012 **Psychiatric Services** ,2008 *Handbook of Evidence-based Psychotherapies* Chris Freeman,Michael J. Power,2007-05-07 The handbook takes the practitioner to the next stage with an overview of the key evidence based therapies with guidelines on further reading and training It also reviews key professional and organisational issues related to the delivery of services in resource limited situations *Evidence-based Practice in Suicidology* Maurizio Pompili,Roberto Tatarelli,2011 Evidence based methods have over recent decades enabled us to prune the vineyard of suicidology Read this book to see how the field looks today trimmed back and flourishing as never before It will show you much of what we know and what we don t know about suicide and take you to the cutting edge John T Maltsberger MD Associate Clinical Professor of Psychiatry Harvard Medical School Boston MA Book Jacket **Behavioral**

Emergencies Phillip M. Kleespies, 2009 This book makes clear the distinction between a behavioral crisis which is a serious disruption of functioning that does not necessarily imply danger and a behavioral emergency Guidance on behavioral emergencies is drawn from both clinical experience and empirical evidence and the book's structure functions as a curriculum for educating both new and seasoned clinicians Unique to this book are chapters on violence and suicide risk among adolescents as well as individuals who are chronically ill The contributors also discuss the legal and psychological risks associated with treating behavioral emergencies Comprehensive in scope Behavioral Emergencies An Evidence Based Resource for Evaluating and Managing Risk of Suicide Violence and Victimization provides a solid knowledge base that will be an invaluable resource for all clinicians Book Jacket

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Table of Contents Dialectical Behavior Therapy With Suicidal Adolescents

1. Understanding the eBook Dialectical Behavior Therapy With Suicidal Adolescents
 - The Rise of Digital Reading Dialectical Behavior Therapy With Suicidal Adolescents
 - Advantages of eBooks Over Traditional Books
2. Identifying Dialectical Behavior Therapy With Suicidal Adolescents
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Dialectical Behavior Therapy With Suicidal Adolescents
 - User-Friendly Interface
4. Exploring eBook Recommendations from Dialectical Behavior Therapy With Suicidal Adolescents
 - Personalized Recommendations
 - Dialectical Behavior Therapy With Suicidal Adolescents User Reviews and Ratings
 - Dialectical Behavior Therapy With Suicidal Adolescents and Bestseller Lists
5. Accessing Dialectical Behavior Therapy With Suicidal Adolescents Free and Paid eBooks
 - Dialectical Behavior Therapy With Suicidal Adolescents Public Domain eBooks
 - Dialectical Behavior Therapy With Suicidal Adolescents eBook Subscription Services
 - Dialectical Behavior Therapy With Suicidal Adolescents Budget-Friendly Options
6. Navigating Dialectical Behavior Therapy With Suicidal Adolescents eBook Formats

- ePub, PDF, MOBI, and More
- Dialectical Behavior Therapy With Suicidal Adolescents Compatibility with Devices
- Dialectical Behavior Therapy With Suicidal Adolescents Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Dialectical Behavior Therapy With Suicidal Adolescents
 - Highlighting and Note-Taking Dialectical Behavior Therapy With Suicidal Adolescents
 - Interactive Elements Dialectical Behavior Therapy With Suicidal Adolescents
- 8. Staying Engaged with Dialectical Behavior Therapy With Suicidal Adolescents
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Dialectical Behavior Therapy With Suicidal Adolescents
- 9. Balancing eBooks and Physical Books Dialectical Behavior Therapy With Suicidal Adolescents
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Dialectical Behavior Therapy With Suicidal Adolescents
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Dialectical Behavior Therapy With Suicidal Adolescents
 - Setting Reading Goals Dialectical Behavior Therapy With Suicidal Adolescents
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Dialectical Behavior Therapy With Suicidal Adolescents
 - Fact-Checking eBook Content of Dialectical Behavior Therapy With Suicidal Adolescents
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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