

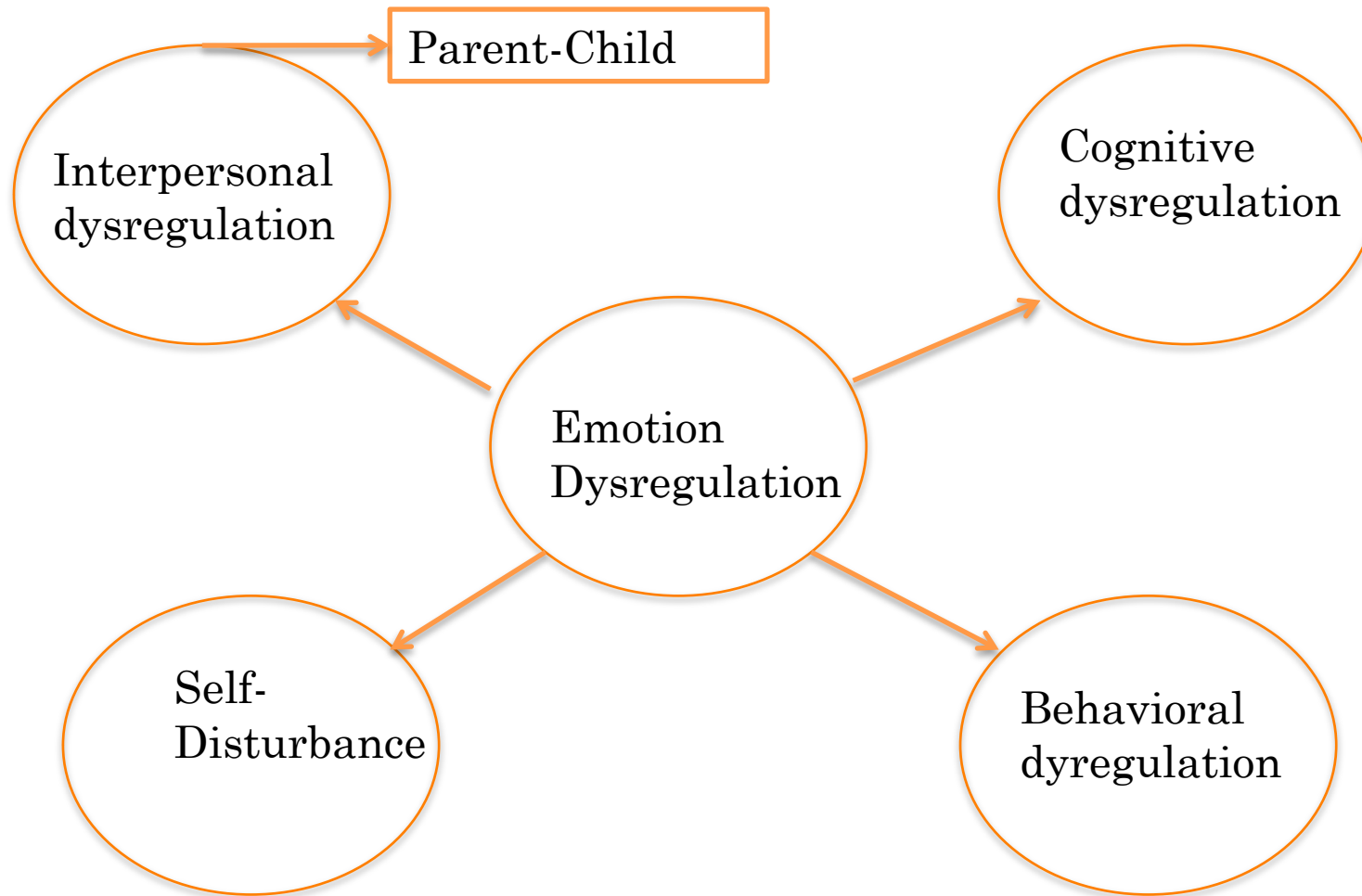


PARENT-CHILD DBT

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- What are the symptom components of Borderline Personality Disorder (BPD)?



Linehan, M. M. (1993a). *Cognitive-behavioral treatment of borderline personality disorder*. New York, NY US: Guilford Press.

Emotion
Regulation

Interpersonal
Effectiveness

Distress
Tolerance



Mindfulness

Linehan, M. M. (1993b). *Skills training manual for treating borderline personality disorder*. New York, NY US: Guilford Press.



TREATMENT DEVELOPMENT STEPS

- 1. Conduct focus groups



- 2. Adapt DBT skills for parents



- 3. Pilot test DBT skills for parents



CONDUCT FOCUS GROUPS

- 24 mothers with BPD receiving intensive outpatient tx
- Revealed themes of guilt, burden, and a strong preference to have current skills address the parenting role

Zalewski, Stepp, Whalen, & Scott, *under review*



ADAPT DBT SKILLS FOR PARENTS

Radical Acceptance in standard DBT



Radical Acceptance for parents with BPD



Radical Acceptance in standard DBT

- Let go of fighting reality (**non-attachment**)
- Acceptance is **acknowledging** reality; it is not approving it
- We can only accept the past and **present**; not the future
- Describe** reality **non-judgementally**



Step 1. Are there aspects of your parenting or the parenting role you need to radically accept?

Step 2. How do you know when you are not radically accepting?

I temporarily lost custody of my kids.

Bring excessive presents to supervised visitations.



Practicing Radical Acceptance

- Observe emotions (shame; loneliness; rage)
- Effectiveness



PILOT TEST PCDBT

- 8 mothers in intensive outpatient services
- Reviewed one skill from each module in the *context of parenting* (3 days total)



	Pre Mean (SD)	Post Mean (SD)	Pre MSFP	Post MSFP
Mindful Parenting	3.38 (.43)	3.56 (.54)		
Parental Stress	40 (16)	39 (12)		
Emotion management of child	3.67 (.88)	3.91(.86)*		



Interpersonal Mindfulness in Parenting (Duncan et al., 2010)
 Parental Stress Scale (Berry et al., 1995)
 Emotion Management Scale (Zeman et al., 2006)



- Mothers expressed that this was the first time a provider had explicitly addressed parenting with mental illness
- Desire to spend more time on the program



FUTURE STEPS

- Complete pilot testing
- Apply for treatment development grant
 - Translate all DBT skills to include parenting examples
- DBT and transdiagnostic implications



THANKS

- Staunton Farm Foundation (PI: Stepp)
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