

Dialectical Behavioural Therapy (DBT) Lakeside



Lakeside are proud to introduce our new specialist Dialectical Behavioural Therapy (DBT) service. This is a female, 12-bedded, in-patient unit for women who have Emotionally Unstable Personality Disorder (EUPD), or the diagnostic features thereof. The unit is led by an accredited DBT therapist and the team consists of 6 intensively trained DBT therapists. All unit staff are trained in the model at skills level. This is a therapeutic ward underpinned by DBT principles.

The aim of the service is to equip women with the necessary coping skills that will enable them to live successfully in the community, thereby reducing the risk of harmful and unhelpful behaviours that may lead to multiple placement breakdown and frequent hospital admissions. This is a time-limited therapeutic intervention, usually delivered over a 12-month cycle (additional treatment cycles can be commissioned if required). A discharge plan will be developed upon admission and when a patient is nearing readiness for discharge, we will support them to return to their own home, or work alongside social care teams to identify a suitable community placement.

What is DBT?

Dialectical Behavioural Therapy (DBT) treatment is a type of psychotherapy or talking therapy that utilises a cognitive-behavioural approach and emphasises the psychosocial aspects of treatment. DBT is a stabilisation therapy, developed by Marsha Linehan in 1980 and was originally designed to treat individuals diagnosed with EUPD. It is recommended by NICE guidelines in the treatment of this diagnosis. DBT aims to assist individuals to change their patterns of unhelpful behaviour e.g. deliberate self-harm (DSH), suicidal thinking, aggression and substance abuse.



Generally, a programme of DBT lasts approximately 12 months and includes:

- **Individual 1:1 therapy**
- **Telephone coaching**
- **Group-based skills training**
- **Therapy consultation groups.**

Originally evidenced-based for outpatient settings, the model has also been successfully adapted for inpatients. The inpatient programme has evidenced a reduction in global symptoms, depression, anxiety, dissociative experiences, impulsiveness and DSH. Ancillary treatments, such as substance misuse, can be offered alongside DBT to work on secondary treatment targets provided they support the DBT model aimed at developing and maintaining skills.

The 4 modules of DBT therapy are:

1
Mindfulness

2
Interpersonal Effectiveness

3
Distress Tolerance

4
Emotion Regulation

Outcome Measures

A core way of evaluating our programme will entail observing reductions in logged risk incident behaviours (i.e. self-harm, aggression/violence). The programme will also use the standardised and recognised outcome measures to track improvement in areas targeted by DBT treatment as follows:

Novaco Anger Scale and Provocation Inventory (NAS-PI) (Novaco, 2003)

Inventory of Altered Self Capabilities (IASC) (Biere & Runtz, 2002)

Kentucky Inventory of Mindfulness Skills (KIMS) (Baer et al., 2004)

Difficulties with Emotion Regulation Scale (DERS) (Gratz & Roemer, 2004)

Admission Criteria

This is a service for women with diagnostic features of Emotionally Unstable Personality Disorder (EUPD). A patient may or may not have a formal diagnosis of EUPD at the time of admission. Referrals for people with a working diagnosis and/or emerging features of EUPD will be considered. A patient referred to Lakeside DBT Service will be subject to restriction under the Mental Health Act.

We will consider referrals for patients with an additional diagnosis of ASD (with an IQ>70), where they are cognitively able to engage in therapy. Patients will undergo full clinical assessment, carried out by a member of a DBT clinical team, prior to admission. At the current time, we do not offer the adapted DBT model for Learning Disabilities and cannot accept referrals for informal patients.





“We equip people with the necessary skills that will enable them to live successfully in the community.”



For more detailed information on the DBT model, our admission criteria, to discuss a potential referral or arrange a visit to Lakeside, please contact us on 01707 646 646, email us at referrals@accomplish-group.co.uk

