Suicide Prevention Conference 2017
DBT & CBT Counseling Practices In a School Setting: How, What and Why

Dawn Catucci MS ED, PD LMHC
School Psychologist in Ardsley High School,
Licensed Mental Health Counselor
Mental Health Counseling for Emotional Well-Being PLLC
Topics To Be Covered

- Why is Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) appropriate for a school setting
- How is DBT and CBT modified for a school setting
- What is the criteria for students to be considered for Comprehensive DBT
- How can mindfulness be incorporated into daily practice
- What are the principles of CBT and how can CBT be applied in a school setting
- Clinician training
Why DBT & CBT in a School Setting?

- 1 in 5 children ages 13-18 will have a serious mental health issue. The average delay between onset of symptoms and interventions is 8-10 years (NAMI 2015)

- Suicide is the 2nd leading cause of death for people 15-24 (Nami 2015)

- DBT/CBT are evidenced based practices with strong outcomes for students

- Promotes social emotional learning

- Emotional issues can impact a student’s ability to perform in school and can cause social impairment

- DBT/CBT can be utilized as an response to intervention (RTI) model utilizing multi-tiered system of support (MTSS)
Why DBT & CBT in a School Setting?

Continued

• DBT /CBT trained clinicians are hard to find in the community
• DBT/CBT in the community can be very costly with long wait lists, therefore, not available to all students
• Treatment is usually short-term and skill based
• We are in a pivotal position to utilize our expertise and intervene with effective counseling that has the potential to change the students mental health trajectory
• School psychologists and school counselors are often the first to identify mental health issues in our students and the first to intervene
ORIENTATION HANDOUT 1

What Is Dialectical Behavior Therapy (DBT)?

- DBT is an effective treatment for people who have difficulty controlling their emotions and behaviors.
- DBT aims to replace problem behaviors with skillful behaviors.
- DBT skills help people experience a range of emotions without necessarily acting on those emotions.
- DBT skills help teens navigate relationships in their environment (family/school/peers).
- DBT helps people create a life worth living.

What Does “Dialectical” Mean?

Dialectical = two opposite ideas can be true at the same time, and when considered together, can create a new truth and a new way of viewing the situation. There is always more than one way to think about a situation.

From DBT® Skills Manual for Adolescents, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).
DBT in a School Setting

Ardsley High School was one of the first schools to get trained and to implement Comprehensive DBT in a school setting.

Training for a school setting consists of 3-5 day intensive training followed by advanced trainer supervision to assist in skills training and implementation.
Most students that are considered for DBT have difficulty that is not typical with at least 3 of the following:

- Reduced Awareness and Focus: Confusion about Self
- Emotional Dysregulation
- Impulsivity
- Interpersonal Problems
- Teenage and Family Challenges
Modified Comprehensive Dialectical Behavior Therapy

• Utilized for multi-problematic teens

• Adapted for a school setting
  • Weekly DBT Skills group
  • Weekly DBT Clinician team meetings
  • Weekly DBT individual counseling utilizing a diary card
  • 2 Clinicians co-lead groups
  • Parent skills training several times throughout the school year
  • School staff DBT informed

• Skills coaching in school
DBT Skills for Adolescents

- Mindfulness
- Distress Tolerance
- Mindfulness
- Walking the Middle Path
- Mindfulness
- Interpersonal Effectiveness
- Mindfulness
- Emotion Regulation

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DBT Skills in Schools

STEPS – A

• STEPS-A is social emotional learning (SEL)

• Each skill has a lesson plan on how to teach the skill.

• Curriculum and skills are designed for universal implementation (Mazza 2016)

• Can be taught as a class for credit, or in conjunction with another class.
CBT in a School Setting

• Can be individual or group counseling
  • CBT is often 12-15 sessions
  • CBT is effective treatment for students who present with high levels of anxiety, depression, school refusal, OCD or anger
Psycho-education
Fight or Flight
The ABC’s of CBT

- Negative Thoughts
- Unhelpful Behavior
- Upset Feelings

CBT
Skill Building

• Breathing exercises
• Progressive relaxation
• Cooling down strategies “chill skills”
  • Ragdoll/Robot
• Active Release of Emotions
  • Stop-Drop-Roll
• Cognitive Reframing
Behavioral Experiments

Behavior experiments are used to break the avoidance pattern
Exposure

• Getting everyone on board
• Pool/Movie Theater example
  • Fear ladder/hierarchy
  • Reassurance seeking
    • “Riding the wave”
  • Safety behaviors
    • Habituation
    • SUDS
Final Sessions

- Reinforcement of skills in daily life
- Continuation of thought record
  - “Hope Kit”
  - Coping ahead
- Relapse prevention
- Closure/Graduation
- Booster Sessions
How to Get More Training

• Treatment Manuals & Textbooks
• Workshops/Conferences
• DBT/CBT Training Centers and Institutes
• Professional Organizations
• Bringing Training to Your District
• Advanced trainer supervision
• Peer supervision
• Online training
• Cheerleaders/Team Leaders
BE THE REASON SOMEONE SMILES TODAY