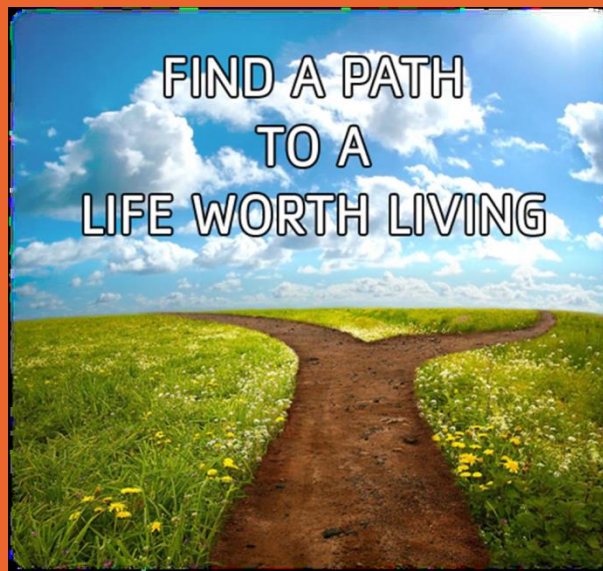


DBT Intensive Treatment Centre
[THE WARM HOUSE]

Programme Manual 2016

Dialectical Behaviour Therapy Manual for TWM DBT Intensive Treatment Centre Programme



Modelled in part by:
Willow Springs Treatment Centre [NV USA]

Edited and adapted by:
Daniel Crump, LCSW [2014]

Adapted from:
Marsha Linehan's (1993) Skills Training Manual
for Treating Borderline Personality Disorder

Dear Client,

We are pleased that you are here to participate in the Dialectical Behaviour Therapy (DBT) programme at Te Whare Mahana Trust. We sincerely hope that you leave here with the skills you need to create a life worth living. We are certain that it must be a confusing time for you as you walk through our doors, and you probably have a lot of questions about why you are here and how we can help.

We are hopeful that this handbook serves as a guide to what you can expect in the DBT programme. Our staff are here to help you through this process.

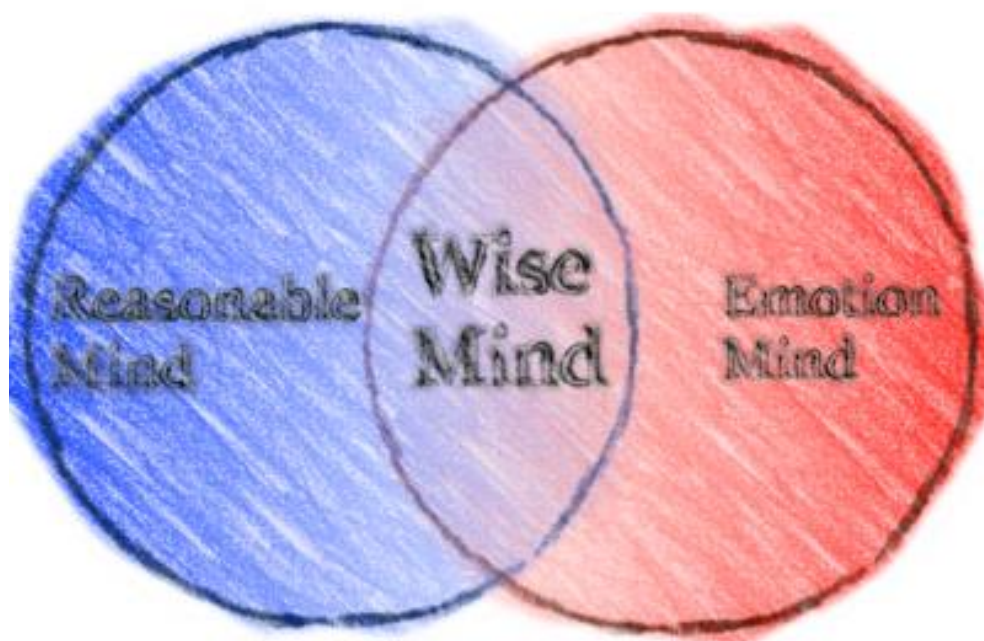
As you embark upon this new journey of growth, we ask that you try to keep an open mind about the methods you will learn, and the staff providing this type of training for you. We have chosen staff for this programme carefully, so we are confident that they will make every effort possible to meet your needs in a therapeutic manner.

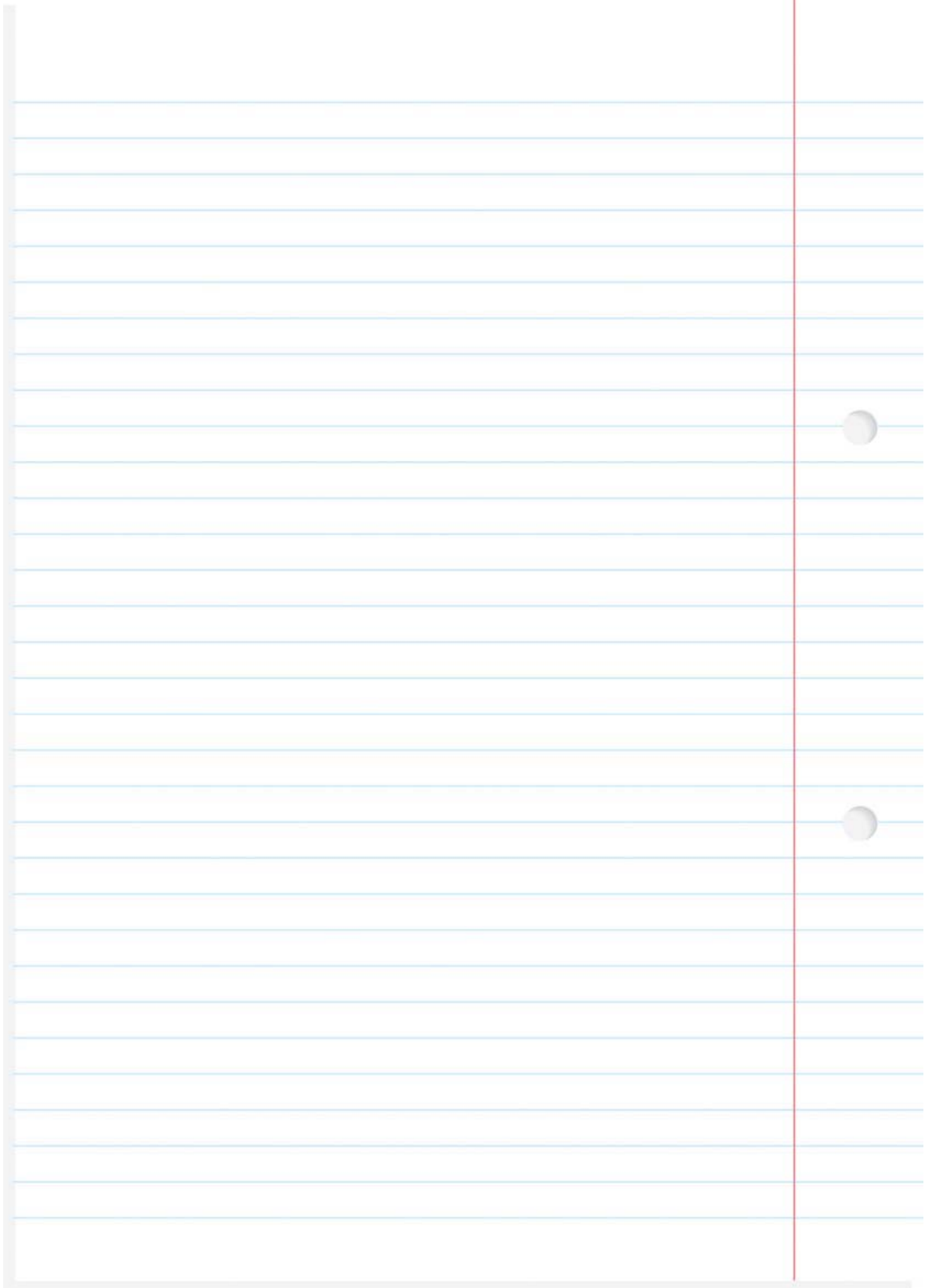
Please make sure that you read about what your rights are as a client of our facility. And be aware that you are welcome to ask questions at any time during your stay.

Best wishes for your new journey!

Sincerely,

The DBT Programme Staff
Te Whare Mahana Trust





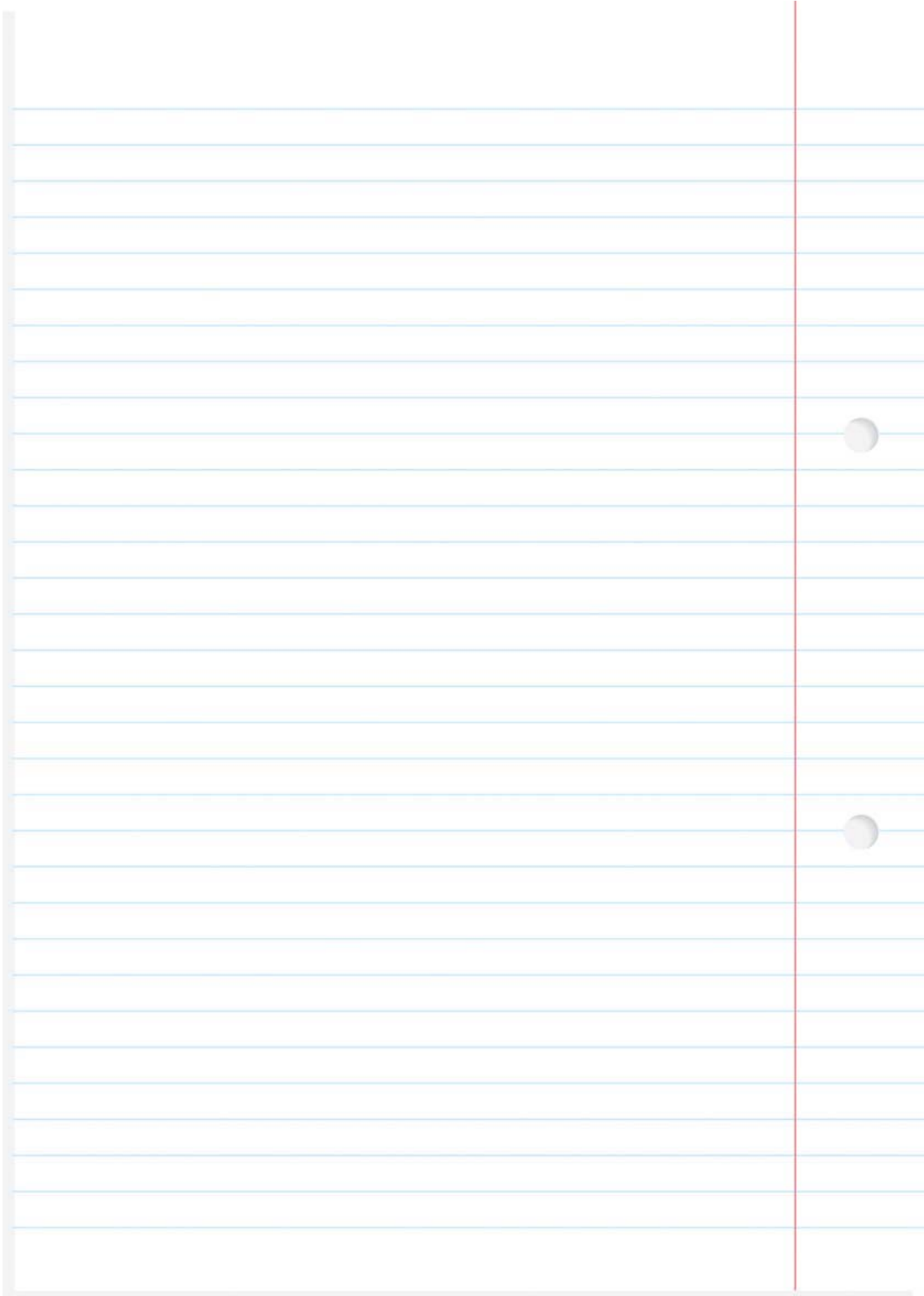
What can I expect in my treatment?

Our Philosophy

Te Whare Mahana believes that the power for an individual to change lies in the therapeutic relationship. That change can be sustained through support and active involvement along with practice. The core values of the therapeutic relationship include compassion, nurturing, acceptance, validation and support in a positive environment. At Te Whare Mahana, we believe that among the most important factors in treatment is the teaching and modelling of positive social skills by mentors.

Our goal is to help you **create a life that is worth living**. We do this by listening with an open mind, accepting you for where you are now and acknowledging your positive achievements! Our staff will work to accept and validate your individual strengths, while encouraging growth and positive change. We believe that through the adoption of these core values you will be empowered to attain your maximum growth and potential.





DBT Pledge

Today,

I commit to learn new skills and participate in all aspects of my treatment,
which will help me create a life worth living.

Today,

I commit to accepting myself while I work to change my behaviour.

Today,

I commit to learning to approach myself and my world with my wise mind.

Today,

I commit to learning to be safe.

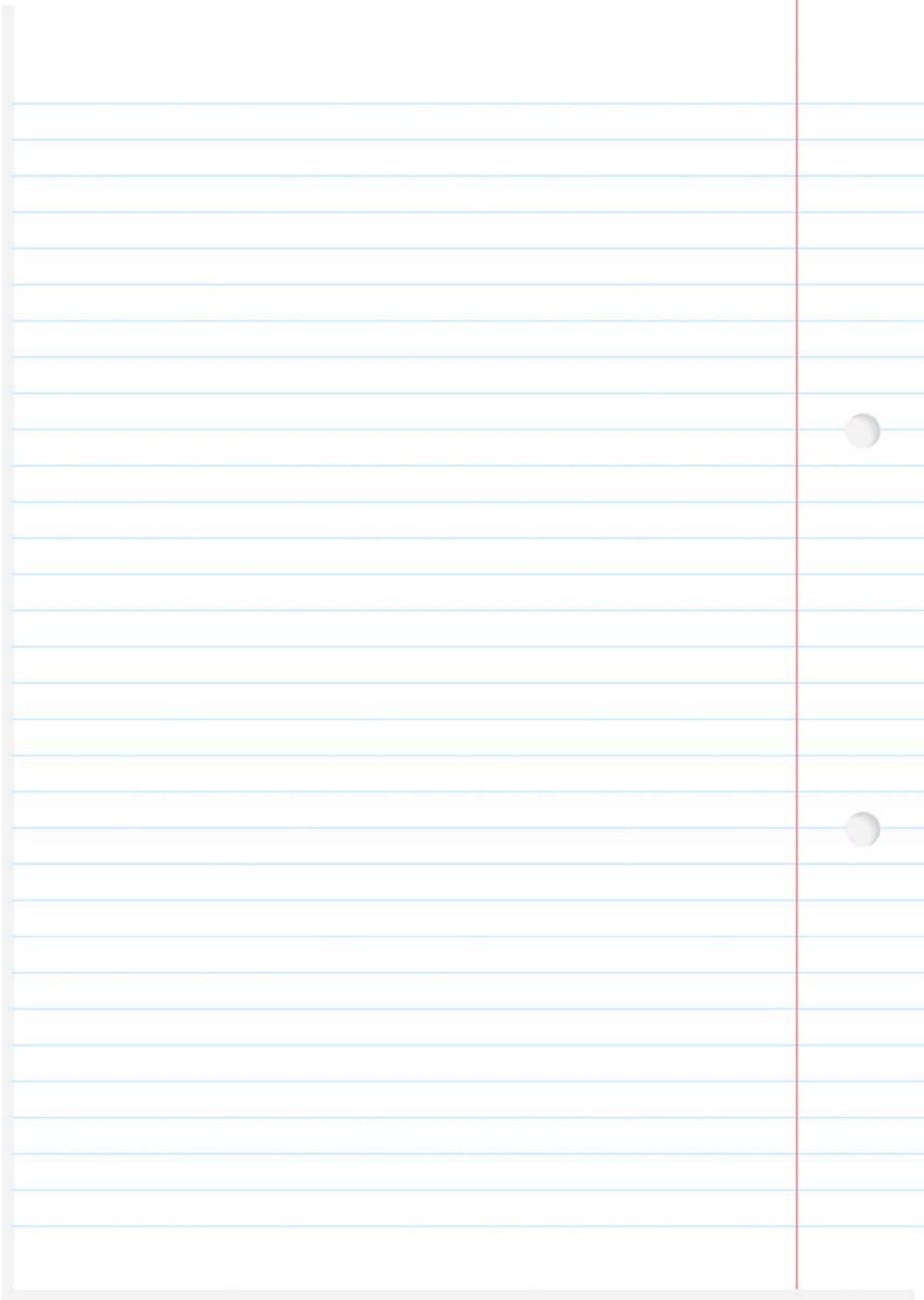
Today,

I commit to acceptance of fear and loss of control
in an effort to reduce chaos and emptiness in my life.

Today,

I accept that the power to change my life is in my hands.





Skills Acquisition & Recovery Levels

Level I
Commitment

Level II
OX

Level III
OM

Level IV
Lotus

A sheet of white paper with horizontal blue lines. A vertical red line is positioned on the right side, creating a margin. Two circular punch holes are located on the right edge, one above and one below the red line. The paper is otherwise blank.

Level 1 – COMMITMENT

Main goal: Learn about and commit to the DBT programme

This level will last 2 weeks or more. During this time you will meet with your primary therapist, learn more about the programme, and complete programme and community contracts.

The primary therapist will give you information about individual therapy; skills training groups, skills coaching, diary cards, and chain analysis. You and your therapist will be discussing your Life Worth Living plan and identify specific treatment targets (goals) that will be worked on throughout treatment.

You will learn how to complete the diary card and chain analysis, and practice doing a Mindful Pause. You will also learn the DBT pledge, which you will recite during community meeting, and become familiar with the programme guidelines. The commitment agreement is signed by you and your primary therapist during this time.

Privileges:

- ❖ You can go off the property on your own for a one hour period each programme day and two hours per day on the weekends.
- ❖ You may ride in a TWM vehicle driven by another resident, for house shopping or a negotiated programme activity, after a safety check-in with staff.
- ❖ You are allowed to have your bedroom door closed after 8pm until 8am.

Some of your privileges for each level will depend on your ability to follow programme guidelines and maintain safety. You will be observed and evaluated each day by the coaches and staff.

P-1: Less than 4 yes's daily: not able to leave the property, door must be left open.

P-2: 4-6 yes's daily: leaving property at staff's discretion, door open at staff's discretion

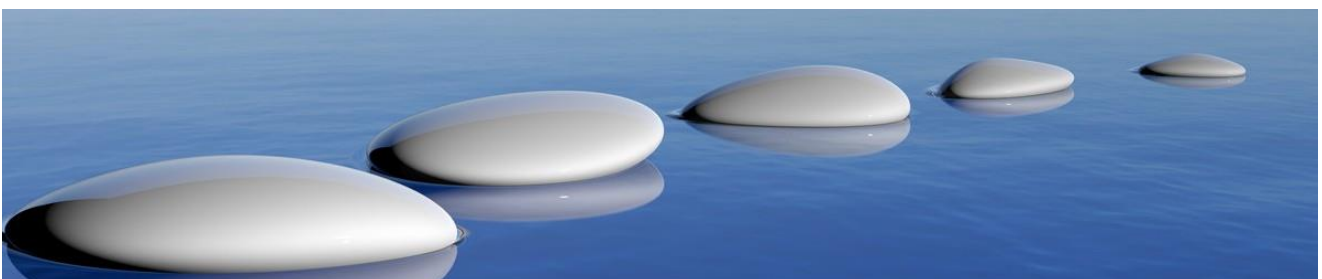
P-3: 7 or more yes's daily: Full Commitment Level privileges



Expectations on Commitment level to move to Ox level:

- ❖ Meet with your therapist to identify goals for treatment and begin your Life Worth Living plan.
- ❖ Attend all scheduled programme activities.
- ❖ Learn how to complete your diary card.
- ❖ Learn how to complete a chain analysis and do at least 4 on your own or with assistance.
- ❖ Learn the pledge and express commitment to your treatment in at least four community meetings.
- ❖ Develop a full understanding of the Community Contract.
- ❖ Learn how to complete a Mindful Pause.
- ❖ Learn and Practice 2 Distress Tolerance skills, with at least 1 TIPP skill.
- ❖ Complete a Mindfulness skills assignment given by primary therapist.
- ❖ Start to develop a personalised Tension Curve or Thermometer Chart, naming skills which work for you at each level of emotional arousal.

The passage from Commitment Level to Ox Level is celebrated with a Welcoming Morning Tea which you plan with your therapist.



Level II- OX



Main goal: Learn DBT skills and begin to apply them.

Privileges:

- ❖ If you have shown that you are safe you can have free time off the property during the day outside of scheduled programme times.
- ❖ You can have your door shut during the day and at night when you are in your room.
- ❖ You are allowed to check out personal sharp items such as razor, scissors, and nail file for a limited time from the coaches.
- ❖ You are allowed to ride in a car driven by another resident.
- ❖ You are entitled to an item from the self-soothe box.
- ❖ You are entitled to a “coffee for two” voucher.
- ❖ You may have up to 3 days leave per month, after discussion with and approval by therapist/Clinical Manager. (Days can be accumulated for longer visits, to a maximum of 6)

P-1: *Less than 4 yes's daily: not able to leave the property, door open, no leave.*

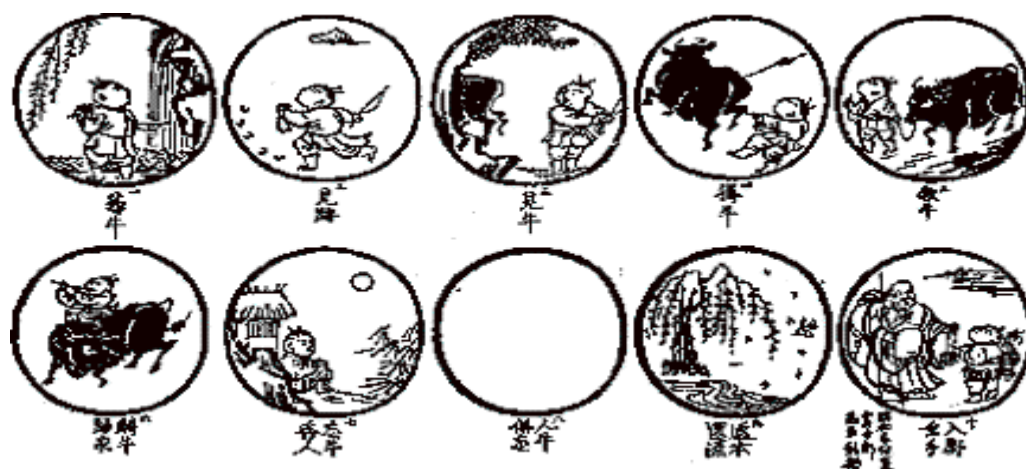
P-2: *4-6 yes's daily: leaving property at staff's discretion, door open at staff's discretion, sharp items on discretion, max of 2 days leave.*

P-3: *7 or more yes's daily: Full Ox Level privileges*

Expectations on Ox level to move to the next level:

- ❖ Continue to meet the expectations of the commitment level.
- ❖ Fully complete your diary card and chain analysis daily.
- ❖ Complete the next phase of your Life Worth Living plan.
- ❖ Learn and explain at least five DBT skills.
- ❖ Learn distress tolerance skills, including all of TIPP and begin to use these skills to manage emotions.
- ❖ Ask for coaching before becoming dysregulated.
- ❖ Practice using accurate expression in a community situation.
- ❖ Complete and practice using your personalised Tension Curve.
- ❖ Complete a skills assignment requested by your treatment team.
- ❖ Practice willingness and radical acceptance to help you accept the recreation activities you find challenging.
- ❖ Maintain personal hygiene and meet health and safety requirements in personal and community spaces.
- ❖ Attend all Program Elements willingly on a consistent basis.

What's so great about being an Ox anyway?

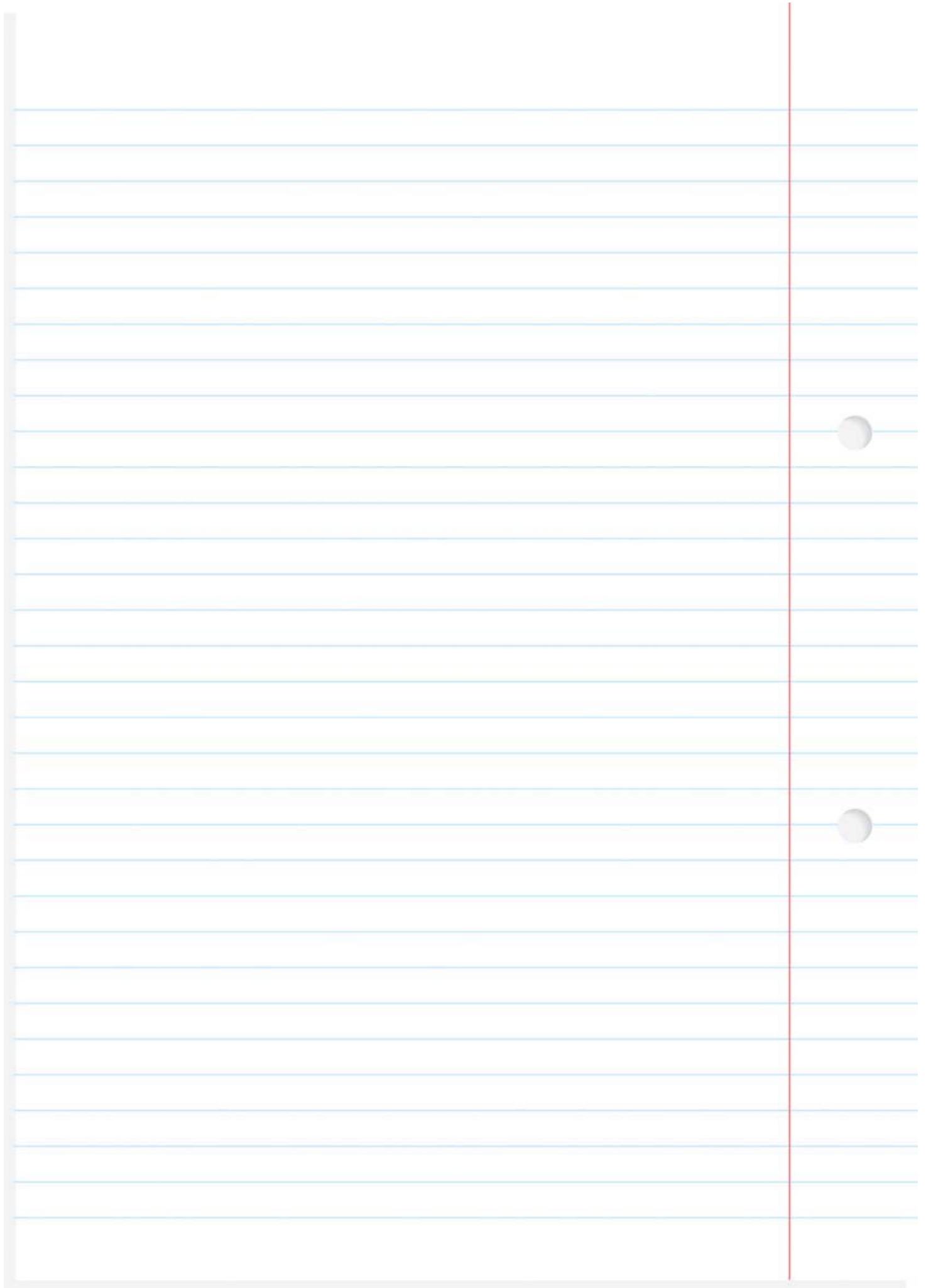


*These ten ox-herding pictures date back to 12th century China.
They were used as a teaching tool for their people.
They used the pictures to illustrate the stages of self-realization*

So the Story Goes...

A young seeker sets out to find out who they are, discovers a positive path, works with it, and eventually realises their true identity. The nice thing about this ox-herder is that they not a “high achiever,” they are like every young person, looking for their place in the world. The ox represents true identity, ending with the seeker’s return to everyday life, looking no different than they did before, except something lit up within....the ox herder knows their true identity.

You are chosen to be an ox because you are making the choice to embark on a journey that leads to the discovery of seeing the gifts you always had, but never noticed!!!





Level III- OM

Main goal: Consistently practice DBT skills and learn to use them on your own.

The Om is a symbol frequently used in meditation to bring a person fully into the present moment. As an Om, you have learned and been coached to use skills and you are bringing your skill use fully into the present moment each day. Sometimes change can happen so slowly that one day you wake up and you are changed and didn't even notice it was happening.

Privileges on Om level:

- ❖ 1. You will have all the basic privileges of when you were on Ox level (i.e. If you have shown that you are safe; you can have free time off the property during the day outside scheduled programme times, you can have your door shut when you are in your room, and you may ride in a car driven by another resident.)
- ❖ 2. You may have access to a TWM vehicle (when available) for programme activities or house shopping, if fully licenced and certified to do so and over 21 years old.
- ❖ 3. If you have a personal vehicle, you may drive it after a safety check-in with staff.
- ❖ You are entitled to passes for the Gym or Yoga class (or similar).
- ❖ You may take a turn at planning the group Recreation activity, in consultation with Recreation staff.
- ❖ You may exchange a wellness activity for a programme element once a week.
- ❖ You can have your own sharp personal items in your room if you have shown that you are safe.
- ❖ You may have up to 5 days leave per month, after discussion with and approval by Therapist/Clinical Manager.(Days can be accumulated for longer visits, to a maximum of 8.)

P-1: *Less than 4 yes's on average daily: no ability to leave the property, door open, must return to main house, no pass, no days leave, no vehicle use, no sharp items.*

P-2: *4-6 yes's on average daily: may only leave property at staffs discretion, door open at staffs discretion, sharp objects must be checked in and out, car may be used only at staffs discretion, may be in independent units with ongoing check ins. Max of 3 days leave.*

P-3: *7 or more yes's on average daily: Full Om privileges*

Expectations on OM level to move to the next level?

- ❖ Continue to meet the expectations of Ox level.
- ❖ Complete the next phase of your Life Worth Living plan.
- ❖ Practice managing your emotions by observing, accepting and allowing the emotions or changing the emotions as is effective.
- ❖ Practice acting opposite to emotion urges you find challenging.
- ❖ Practice validating yourself and others.
- ❖ Successfully use interpersonal effectiveness skills and relationship mindfulness.
- ❖ Practice being mindful and paying attention to one thing at a time.
- ❖ Practice using your Tension Curve with and without coaching.
- ❖ Non-judgmentally prompt and provide feedback to peers.
- ❖ Complete the skill assignment requested by your treatment team.
- ❖ Actively participate in the programme, while using skills to demonstrate ability to regulate self.
- ❖ Continue to attend all programme elements willingly on a consistent basis, achieving full attendance for at least two consecutive weeks, as well as the week prior to levelling up.



Level IV- LOTUS

You have risen like a lotus flower out of the murky water into freedom from chaos, into personal power, and mindfulness! By now, you have proven that you are capable of behaving in a skilful way. As a Lotus, we would like to see you practice integrating all of your skills into your daily life all by yourself. We will continue to be there to support you on your journey, but by now, you will find that you need us a lot less.

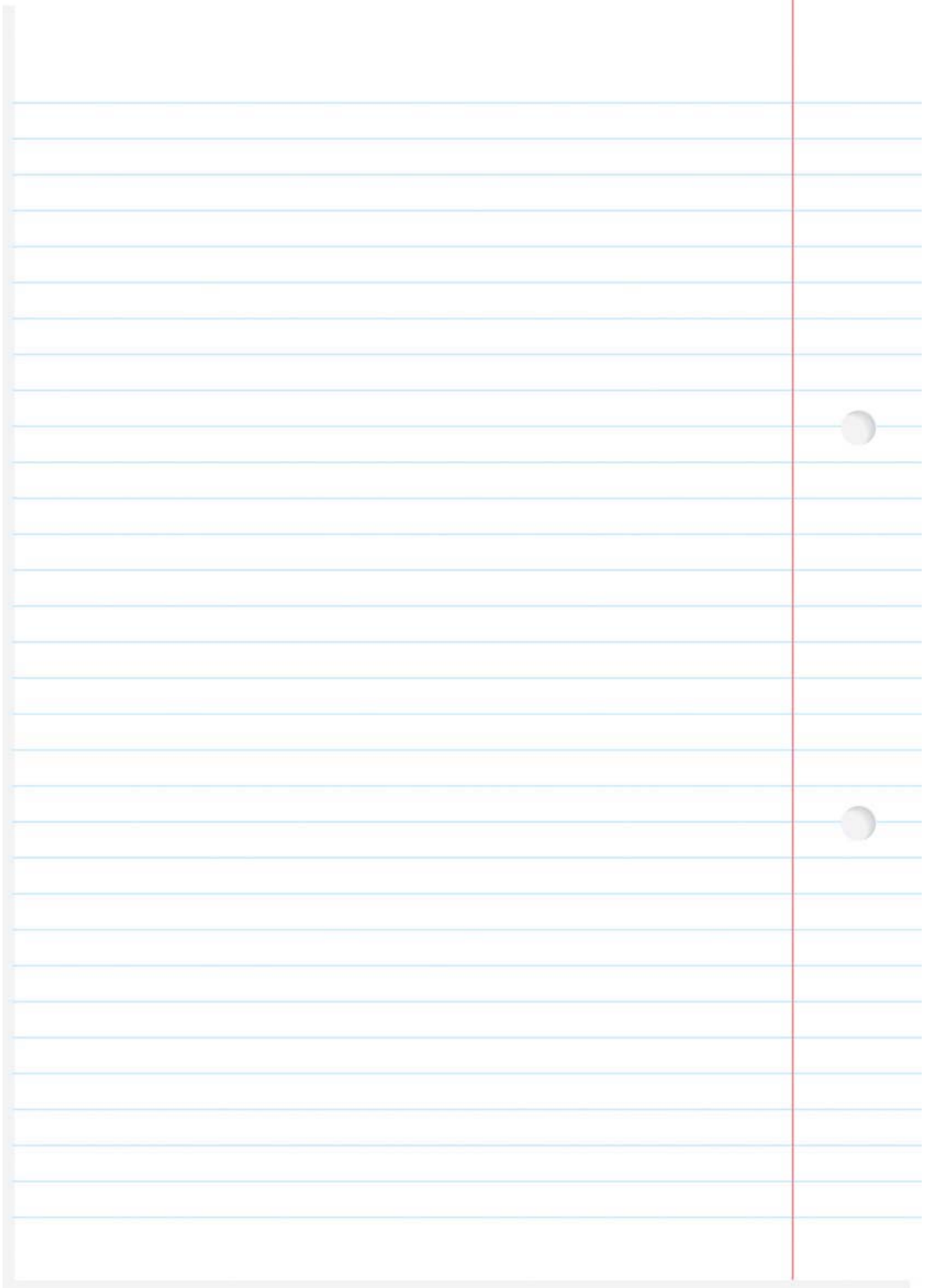
Privileges on Lotus level:

- ❖ You will have the basic privileges 1, 2 and 3 of when you were on Om level.
- ❖ You have earned a special outing with a coach or staff member of your choice.
- ❖ You have earned a special monthly evening out to the movies or for a pizza (or similar).
- ❖ You may exchange a wellness activity for a programme element twice a week.
- ❖ You are entitled to use a TWM vehicle for a personal outing within Golden Bay, once a month, with a maximum distance of 120km.
- ❖ You may exchange a personal outing for a programme element once a month.
- ❖ You may have up to 5 days leave per month, after discussion with and approval by your Therapist/Clinical Manager. (Days can accumulate for longer visits, to a maximum of 10)

P-1: *Less than 4 yes's on average daily: no ability to leave the property, door open, return to main house, no weekend pass, no leave days, no use of TWM vehicle, no sharp items, and you will be asked to start your level over.*

P-2: *4-6 yes's on average daily: leaving property at staffs discretion, door open at staffs discretion, sharp objects must be checked in and out, TWM vehicle at staffs discretion, may be in independent unit with ongoing check ins, weekend pass limited to no longer than 48 hours, max of 3 days leave..*

P-3: *7 or more yes's on average daily: Full Lotus privileges*



Expectations on Lotus Level to move to readiness for Discharge

- ❖ Continue to meet the expectations of Om level.
- ❖ Conduct ongoing chain analysis independently.
- ❖ Use interpersonal effectiveness skills daily and with minimal assistance to interact with peers and staff, demonstrating the ability to resolve conflicts without getting dysregulated.
- ❖ With your therapist identify the skill most difficult for you to practice and practice this skill deliberately with assistance from a coach and on your own.
- ❖ Lead a DBT skills teaching group.
- ❖ Teach at least one skill from each of the four modules.
- ❖ Refine and update your tension curve and use it to identify and practice skills.
- ❖ Demonstrate generalisation of skills by using skills consistently and independently.
- ❖ Demonstrate generalisation of skills successfully in a real life setting by using skills while on passes and outings.
- ❖ Support the programme guidelines through leading by example and effectively supporting others to use skills.
- ❖ Actively attend to all personal needs, appointments, medication needs, and risk factors.
- ❖ Complete the skills assignment negotiated with your treatment team.
- ❖ Complete a project which gives back to the DBT ITC.
- ❖ Actively participate in all aspects of the programme, while using skills to demonstrate your ability to regulate yourself.



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