

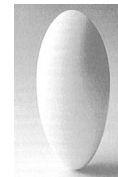
# Dialectical Behavior Therapy (DBT) for Clients with Emotion Regulation Disorder (e.g. BPD)

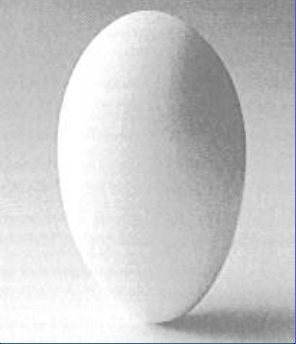
Dr. Christian Stiglmayr

HUMBOLDT-UNIVERSITÄT ZU BERLIN

**AWP-BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie Berlin





Christian Stiglmayr

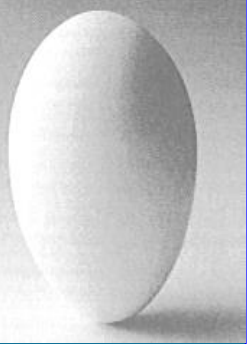
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Agenda

- Development of DBT
- How DBT works
- Emotion work in DBT
- Self-compassion in DBT
- Efficacy of DBT
- Summary



Christian Stiglmayr

**AWP BERLIN**

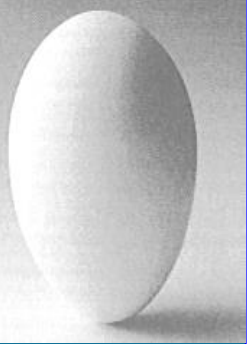
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Dialectical Behavior Therapy (DBT)



Marsha M. Linehan  
Born in 1943, Tulsa, Oklahoma



Christian Stiglmayr

**AWP BERLIN**

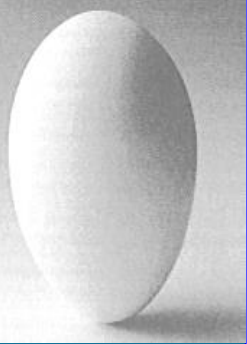
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Development of DBT

- Empirically generated
- Procedure of the 3rd wave of Behavior Therapy
- Modular design
- Therapeutic focus in DBT: Treatment of an emotion regulation disorder.

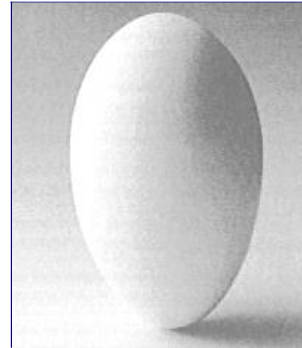
=> DBT is a therapy that focuses on emotions



Christian Stiglmayr

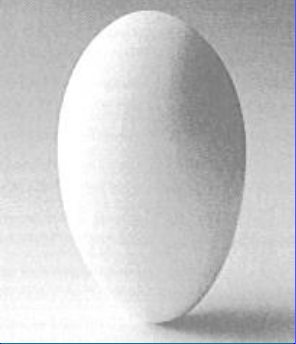
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin



# How DBT works

18.06.2022  
Seoul International  
Meditation Expo



Christian Stiglmayr

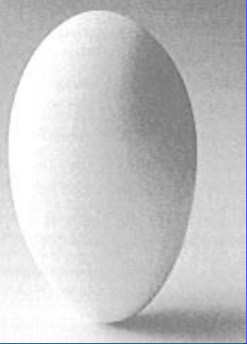
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Overarching Goal in DBT

**To build functional strategies for emotion  
regulation with the goal of benevolent  
acceptance of oneself**



Christian Stiglmayr

**AWP BERLIN**

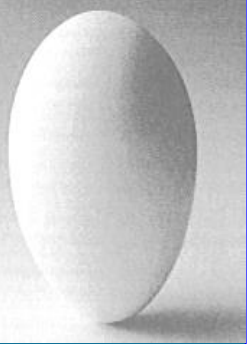
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Procedure in DBT

Psychotherapy in DBT:

**The journey to yourself through  
the eye of the needle of  
emotions**



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

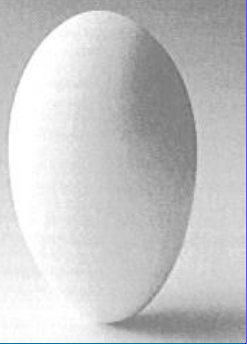
# Procedure in DBT

Blocking dysfunctional behavior patterns (e.g.,  
SIB, inappropriate anger outbursts)

while simultaneously

promoting functional behavior patterns by  
teaching skills (e.g., stress tolerance skills,  
emotion regulation skills) based on an  
authentic and resilient relationship.





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Characteristics of DBT

## **D = Dialectics**

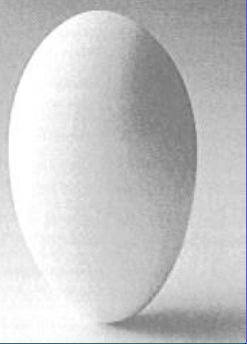
- Balance between acceptance / change

## **B = Behavioral**

- Behavioral therapy basis

## **Additionally:**

- Integrative approach
- Clear structure / hierarchy
- Awareness of boundaries



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

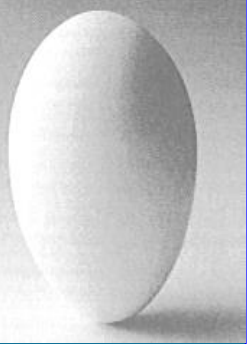
18.06.2022  
Seoul International  
Meditation Expo

# Characteristics of DBT

## - Dialectics -

**Marsha Linehan discusses**

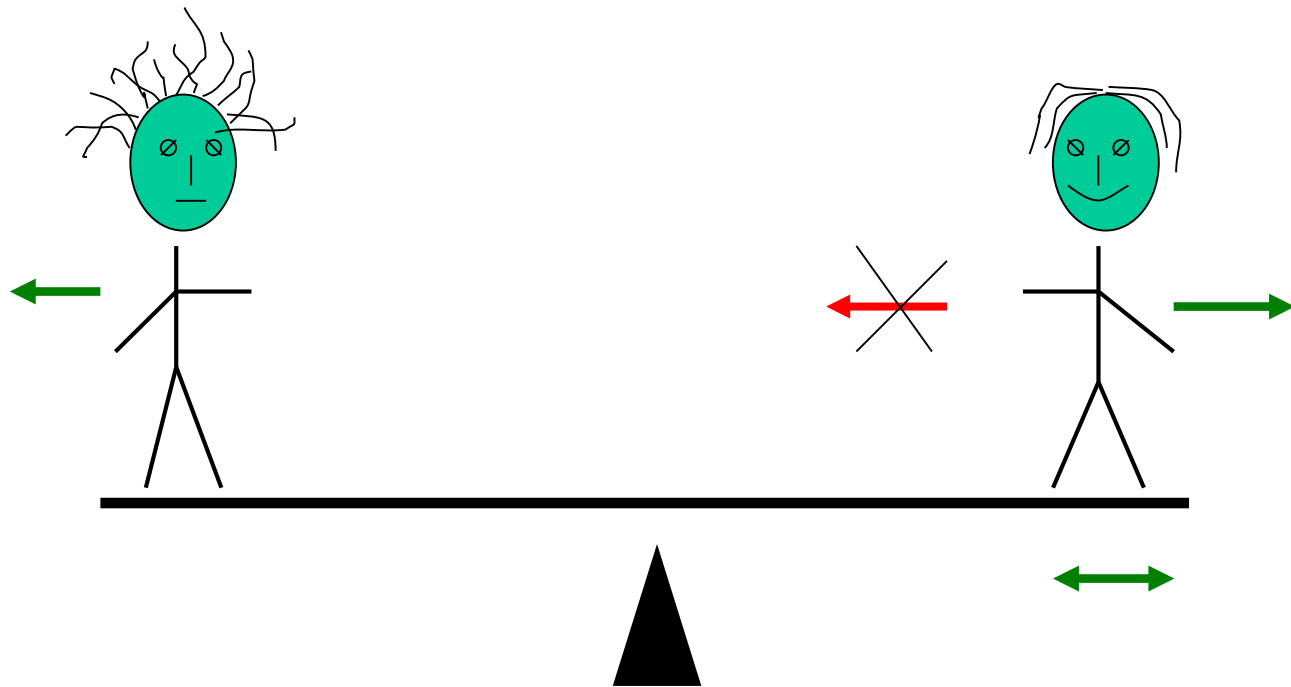
**How She Came to Develop  
Dialectical Behavior Therapy (DBT)**



# Characteristics of DBT

## - Dialectics in Relationships -

Christian Stiglmayr



**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo



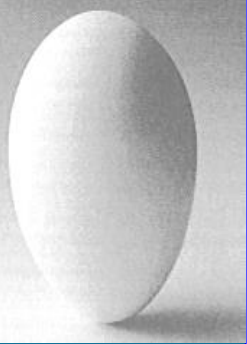
Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Characteristics of DBT

## **D = Dialectics**

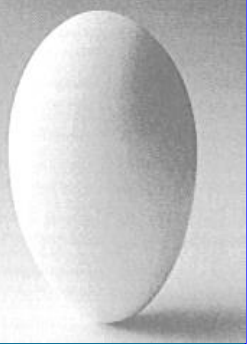
- Balance between acceptance / change

## **B = Behavioral**

- Behavioral therapy basis

## **Additionally:**

- Integrative approach
- Clear structure / hierarchy
- Awareness of boundaries



Christian Stiglmayr

**AWP BERLIN**

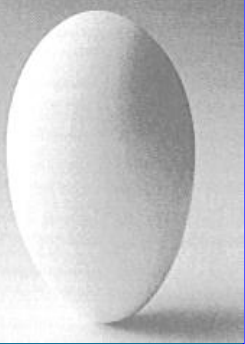
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Characteristics of DBT

## - Behavioral Therapy Basis -

- "Working tool":  
Behavior analysis
- Classic conditioning:  
What triggers the behavior?
- Operant conditioning:  
What maintains the behavior?
- Contingency management  
What modifies the behavior?



Christian Stiglmayr

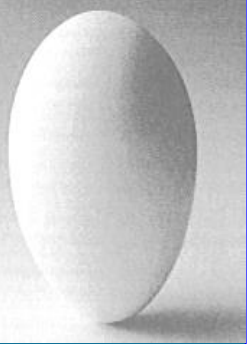
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

## GUIDELINE

**A DBT therapist always reinforces  
functional behavior through their  
relationship...**



Christian Stiglmayr

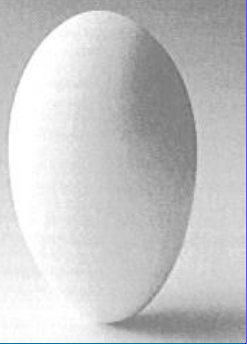
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

**GUIDELINE**  
**... and NEVER reinforces  
dysfunctional behavior through the  
relationship!**





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Characteristics of DBT

## **D = Dialectics**

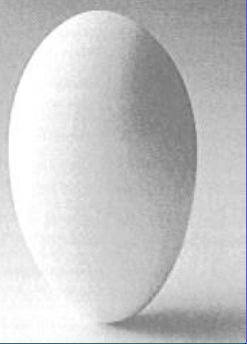
- Balance between acceptance / change

## **B = Behavioral**

- Behavioral therapy basis

## **Additionally:**

- Integrative approach
- Clear structure / hierarchy
- Awareness of boundaries



Christian Stiglmayr

**AWP BERLIN**

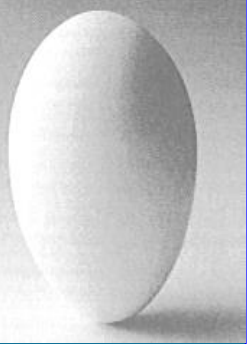
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Characteristics of DBT

## - Integrative Approach -

- Behavioral Therapy
- Cognitive Therapy
- Conversational Psychotherapy
- Gestalt Therapy
- Self-Compassion Techniques
- Zen/Mindfulness

18.06.2022  
Seoul International  
Meditation Expo



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Characteristics of DBT

## **D = Dialectics**

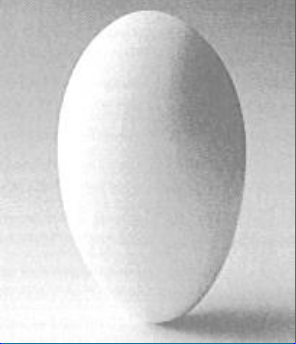
- Balance between acceptance / change

## **B = Behavioral**

- Behavioral therapy basis

## **Additionally:**

- Integrative approach
- Clear structure / hierarchy
- Awareness of boundaries



Christian Stiglmayr

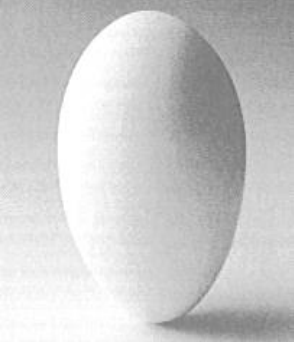
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Structuring Strategies

## DBT focuses on emotions!



Christian Stiglmayr

AWP BERLIN

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Structuring Strategies

## - Treatment Stages -

### Dynamic Hierarchy

Danger to life  
Termination of therapy  
Severe crises  
Jeopardize therapy progress

#### Stage 0

Who am I?

#### Stage I

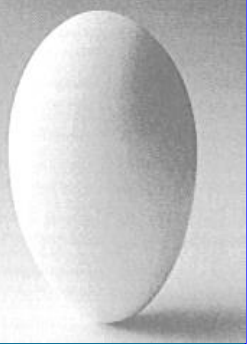
I am  
borderline!

#### Stage II

I am borderline  
- and so much  
more!

#### Stage III

I´m strange  
but great!



Christian Stiglmayr

**AWP BERLIN**

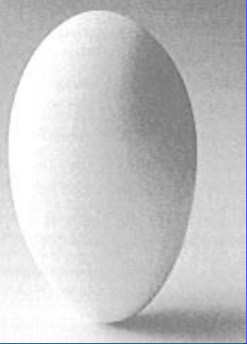
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Structuring Strategies

## - Aim of Stage III -

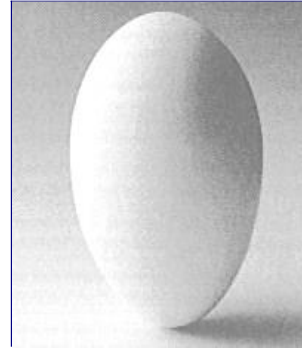




Christian Stiglmayr

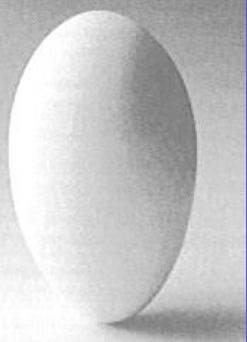
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin



# Emotion Work in DBT

18.06.2022  
Seoul International  
Meditation Expo



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

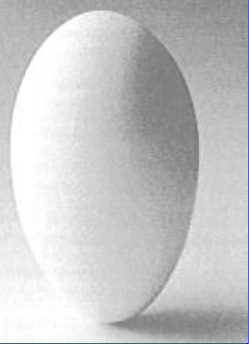
# Emotion Work in DBT

## - dealing with clients' own emotions -

Emotions are rejected because they are:

- perceived as uncontrollable
- not experienced as appropriate
- painful





Christian Stiglmayr

**AWP BERLIN**

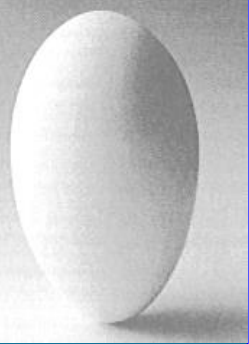
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Emotion Work in DBT

## - when emotions are rejected (1) -

What happens when you don't want an emotion to be...

- true?
- accepted?



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

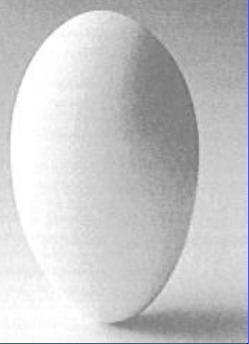
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - when emotions are rejected (2) -

### Emotions

- ...get stronger



Christian Stiglmayr

**AWP BERLIN**

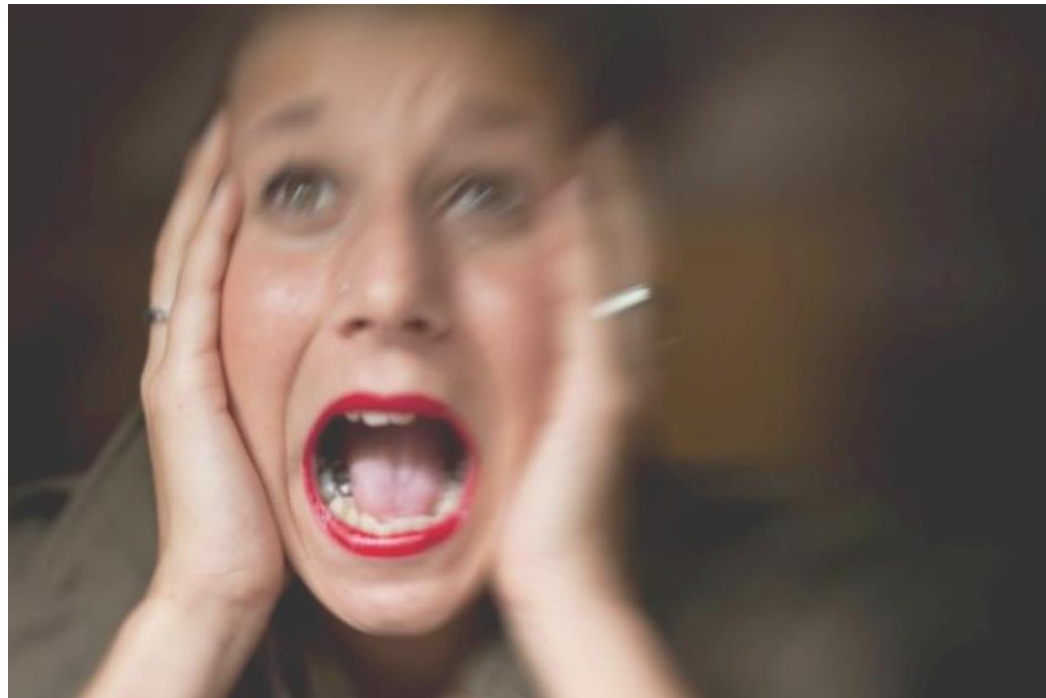
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

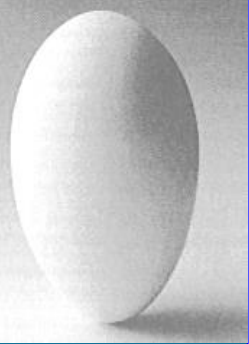
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - when emotions are rejected (3) -

e.g. when fear turns into panic





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

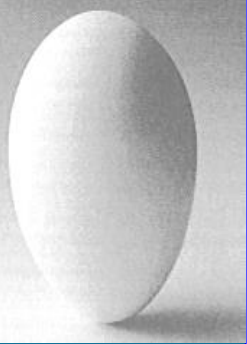
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - when emotions are rejected (4) -

### Emotions

- ...get stronger
- come to light in other, inappropriate places



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

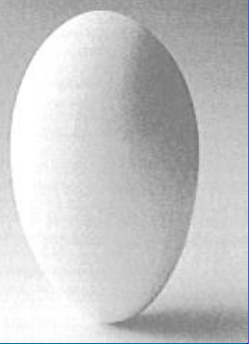
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - if emotions are rejected (5) -

e.g. the anger towards the partner breaks out somewhere else.





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

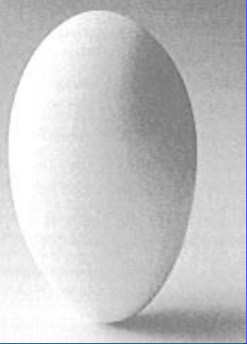
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - when emotions are rejected (6) -

### Emotions

- ...get stronger,
- come to light in other, inappropriate places
- must be regulated in a different way



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

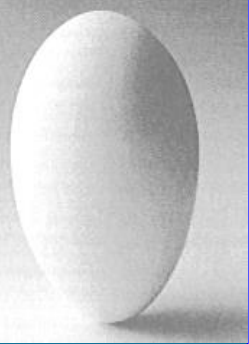
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - when emotions are rejected (7) -

Dysfunctional strategies to regulate emotions:

- Suicidal behavior
- Self-injurious behavior
- Alcohol, drugs
- High-risk behavior
- Binge eating, starving
- Etc.



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

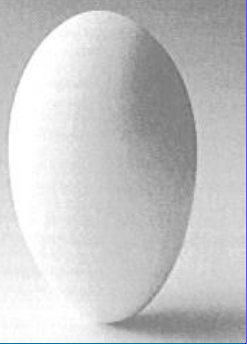
# Emotion Work in DBT

## - when emotions are rejected (8) -

Conclusion:

***Rejecting one's own emotions  
= a lot of problems and ...  
... = Rejecting oneself***





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

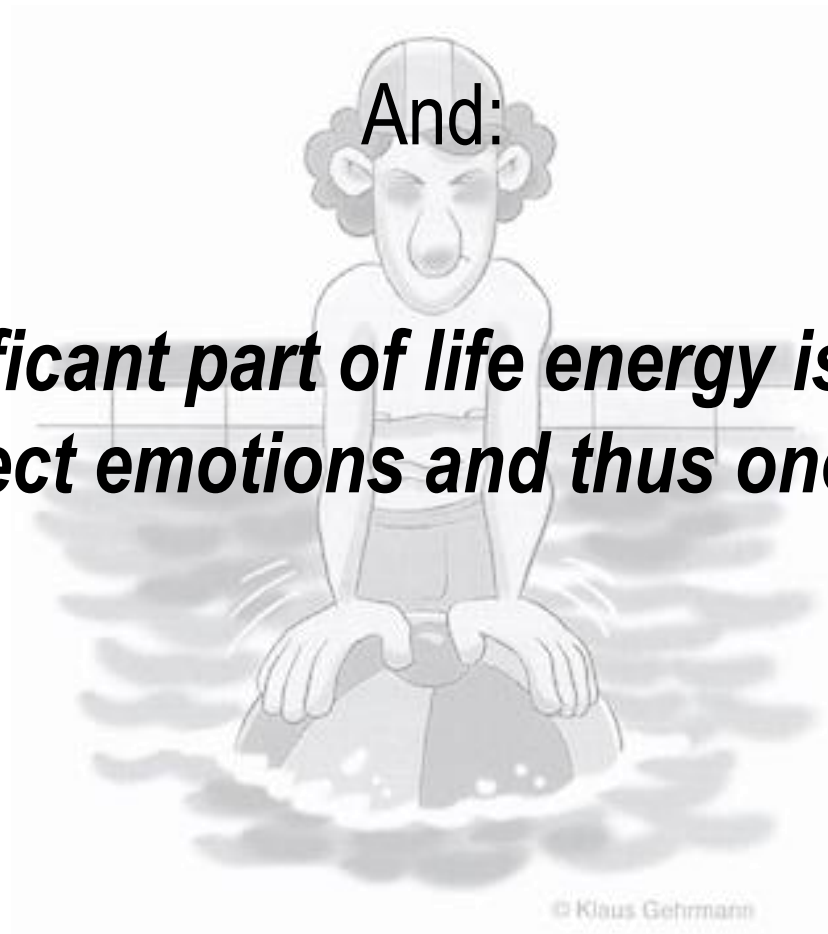
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

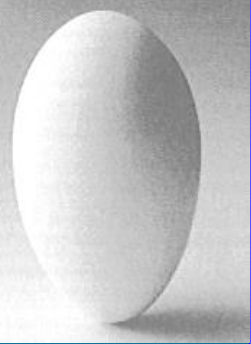
## - when emotions are rejected (9) -

And:

***A significant part of life energy is used to  
reject emotions and thus oneself***



© Klaus Gehrman



Christian Stiglmayr

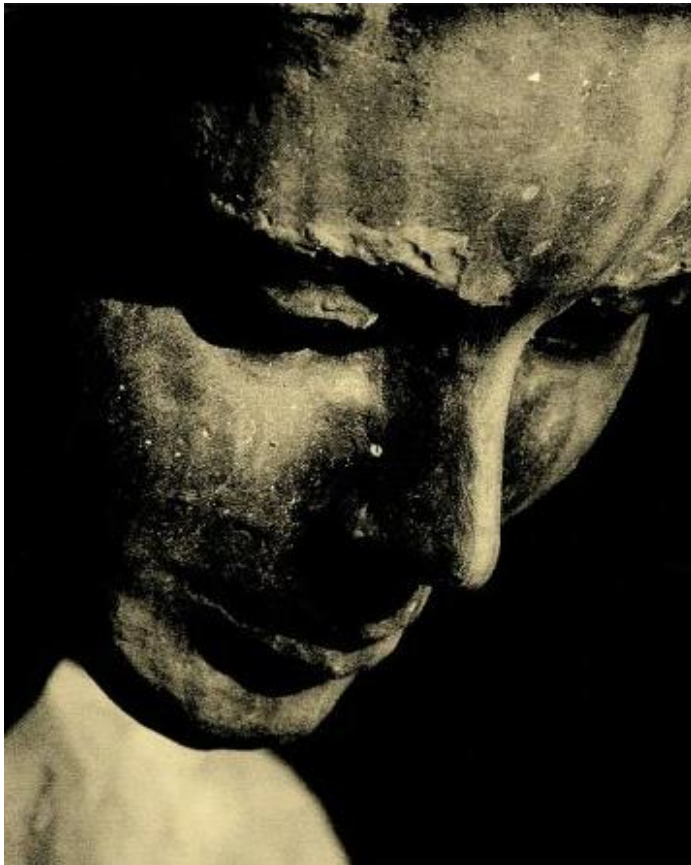
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

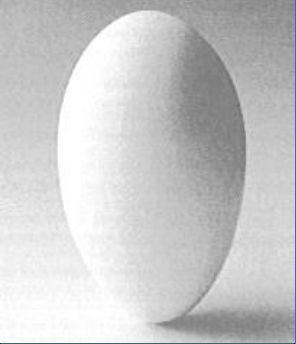
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - when emotions are rejected (10) -



# ...SUFFERING!



Christian Stiglmayr

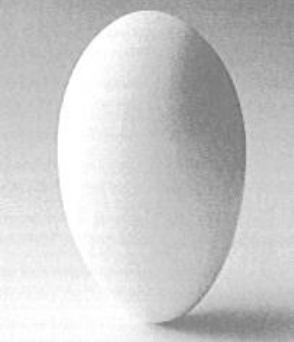
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## How are emotions dealt within DBT?



Christian Stiglmayr

**AWP BERLIN**

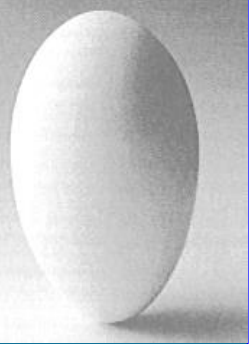
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

In general:

**With increasing therapy duration, the  
proportion of emotion activation and thus  
emotion exposure becomes more  
extensive**



Christian Stiglmayr

**AWP BERLIN**

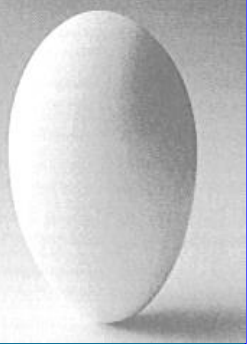
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# **Emotion Work in DBT**

## **- Blocking dysfunctional behavior (1) -**

**The first thing to do is to clear the way to  
the primary emotions (stage I)**



Christian Stiglmayr

**AWP BERLIN**

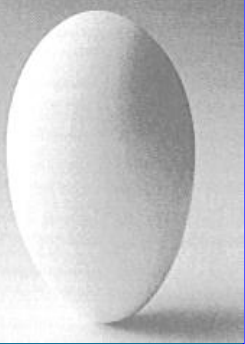
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - Blocking dysfunctional behavior (2) -

- Using cold water
- Tightening and relaxing different muscles of the body
- Standing on a wobbly surface with one leg
- Eating chilli
- Drinking lemon juice
- Using an Ammonia inhalant
- Breathing, especially exhaling
- Distracting activities



# Emotion Work in DBT

## - Skills Chain -

Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

**Tension**

**70%**

**30%**

**Skill 1**

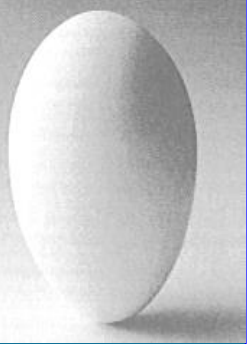
**Skill 2**

**Skill 3**

**Skill 4**

If tension is  $> 70\%$ :  
Crisis survival skills

If tension is  $< 70\%$ :  
Emotion regulation skills



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

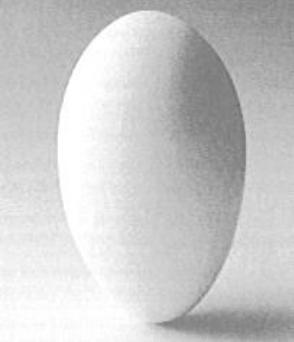
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - The three focuses in emotion work -

- 1) Perceive and mark
  - Whenever an emotion is perceptible or noticeable, it is addressed
- 2) Describe
  - Perceiving and describing the emotion
  - “If you name it you tame it”
- 3) Participate
  - Experiencing the primary emotion
  - “If you feel it you heal it”





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - Message from the therapist -

- "I trust you to endure such emotions"
- The (primary) emotion is appropriate
- I am there for you and accompany you even in your most emotionally difficult hours
- "You are welcome with your emotions!"



# Emotion Work in DBT

## - Target behavior of the client -

Christian Stiglmayr

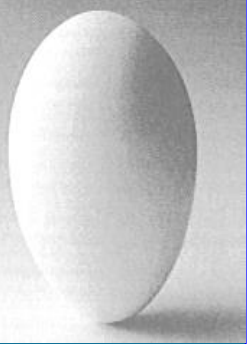
AWP BERLIN

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo



*Be a polite host who  
opens the door wide  
when there is a knock:  
"Ah, it's you! Welcome!  
And crying and  
sobbing have you  
brought too? Come in  
and sit down by the  
fireplace and tell me all  
about it!"*



Christian Stiglmayr

**AWP BERLIN**

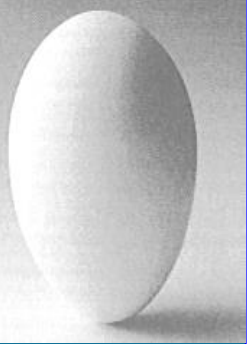
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - Allowing emotions (1) -

What happens when you let in a previously avoided (unpleasant) emotion?



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

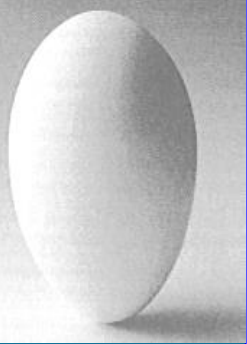
18.06.2022  
Seoul International  
Meditation Expo

# Emotion Work in DBT

## - Allowing emotions (2) -



...pain!



Christian Stiglmayr

**AWP BERLIN**

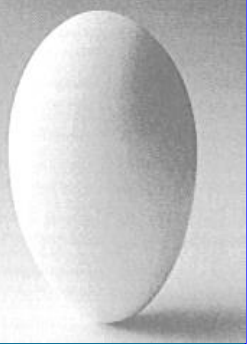
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Emotion Work in DBT

## - Allowing emotions (3) -

How can this pain be dealt with?

18.06.2022  
Seoul International  
Meditation Expo



Christian Stiglmayr

**AWP BERLIN**

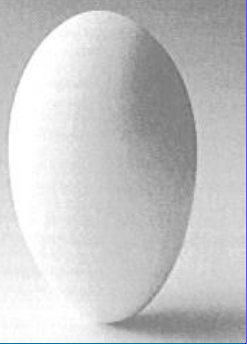
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion







Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion

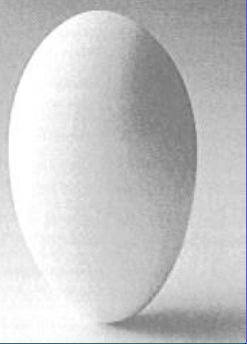
## - Definition (1) -

The 3 main pillars of self-compassion (Neff, 2003):

- Mindfulness

i.e. in order to respond to our need, we must know  
that we are suffering right now





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

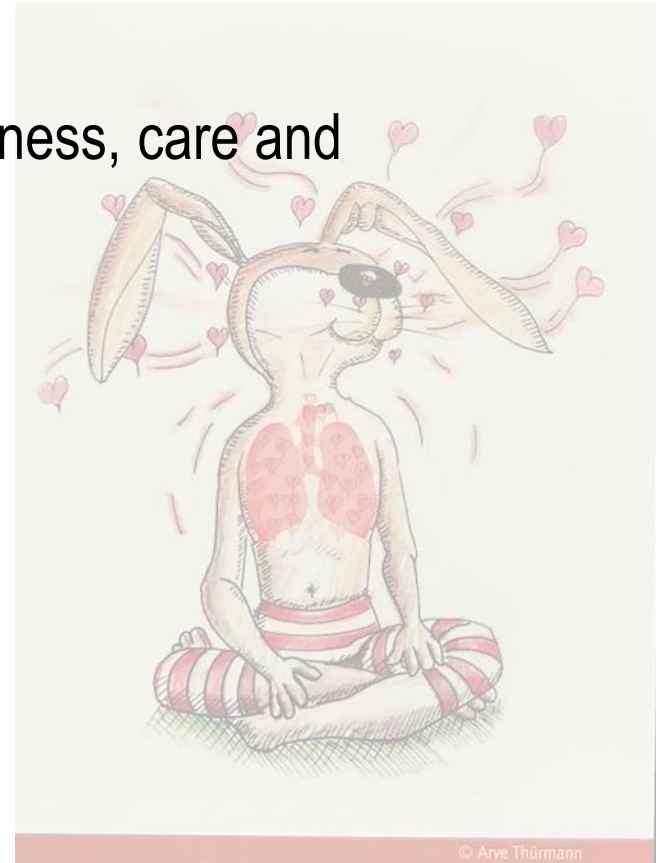
18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion

## - Definition (2) -

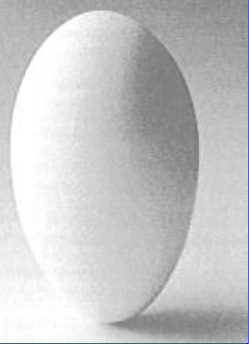
The 3 main pillars of self-compassion (Neff, 2003):

- **Self-friendliness**  
i.e. treat oneself with kindness, care and understanding



© Arve Thürmann





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion

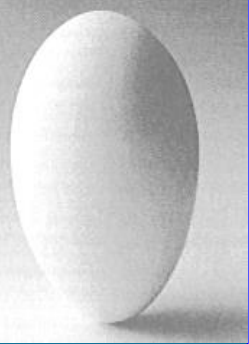
## - Definition (3) -

The 3 main pillars of self-compassion (Neff, 2003):

- Common humanity  
i.e. everyone suffers or makes the experience of not being perfect



© Arve Thumann



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

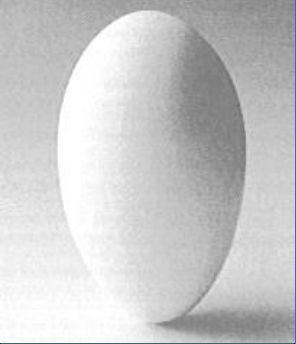
# Self-Compassion

## - Definition (4) -

"Self-compassion is a state of loving, connected presence"

"We practice (self) compassion not so much with the goal of feeling better, but because we feel bad"

(Neff, 2003)



Christian Stiglmayr

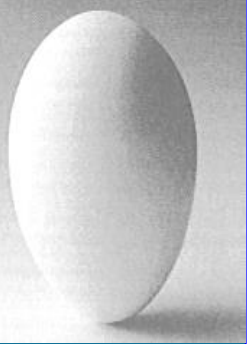
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion - Dangers -

**But take care!**



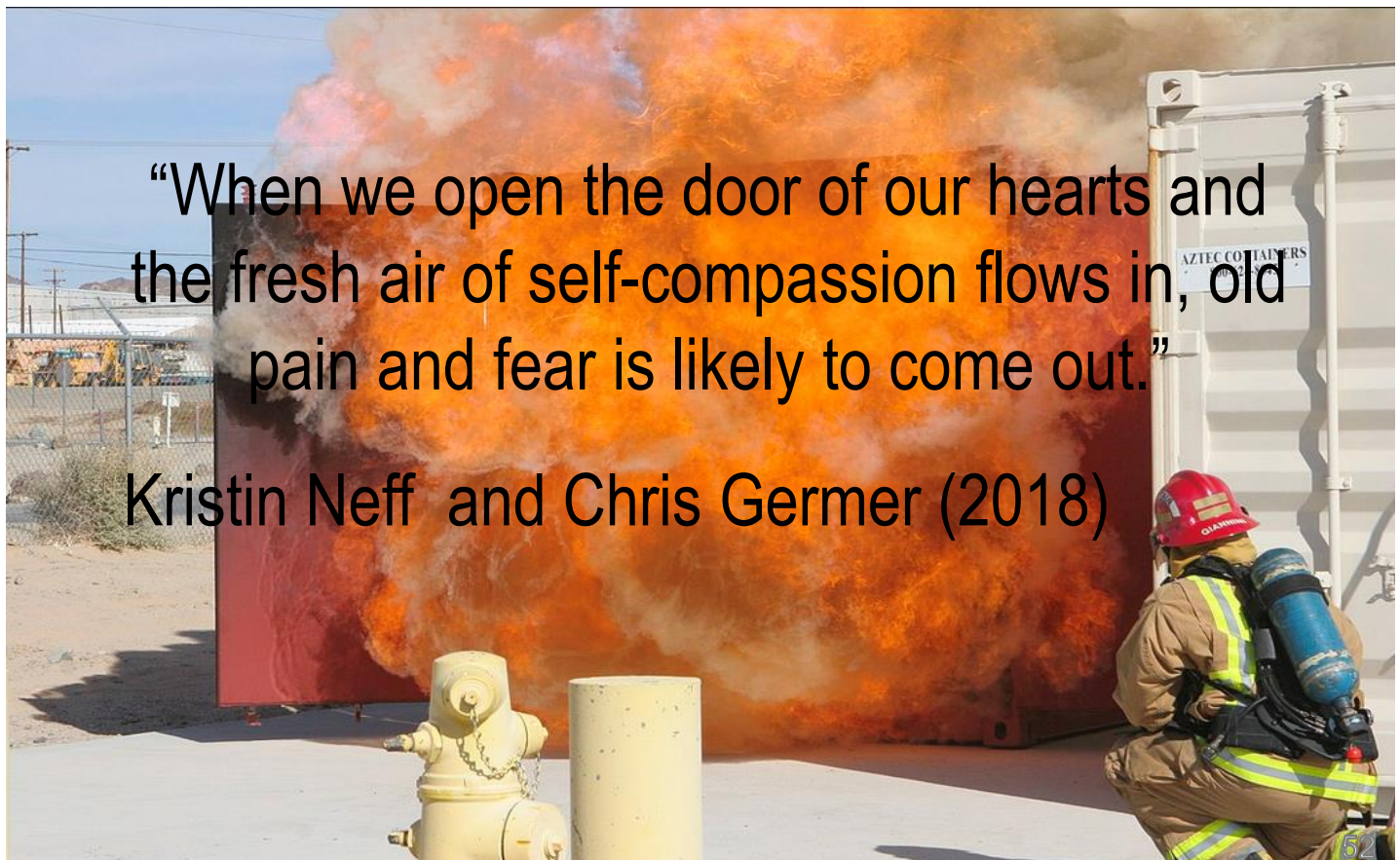
Christian Stiglmayr

AWP BERLIN

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

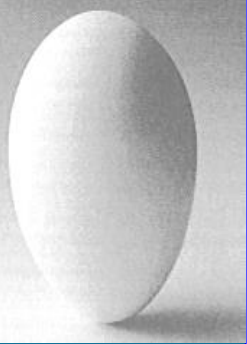
18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion - Backdraft -



“When we open the door of our hearts and the fresh air of self-compassion flows in, old pain and fear is likely to come out.”

Kristin Neff and Chris Germer (2018)



Christian Stiglmayr

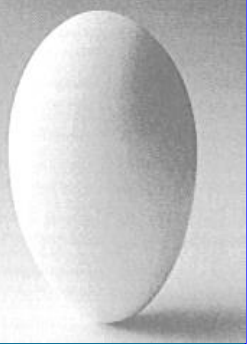
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion - Requirements -

- No more severe dysfunctional behavior
- Distress tolerance skills
- Emotion regulation skills
- Mindfulness skills
- Stable social relationships



Christian Stiglmayr

**AWP BERLIN**

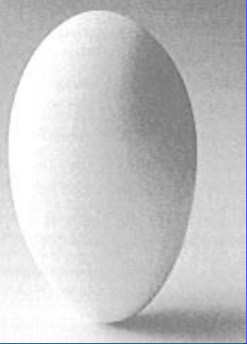
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion

## - Self-compassion break -

- 1) Mindfulness: This is a moment of suffering
  - Localize emotional pain in the body
- 2) Common humanity: Suffering is part of life
  - I am not alone with my pain
  - Place hand on this area; thereby warmth and body contact
- 3) Self-friendliness: benevolent coaxing
  - E.g. "May I accept myself as I am"



Christian Stiglmayr

AWP BERLIN

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

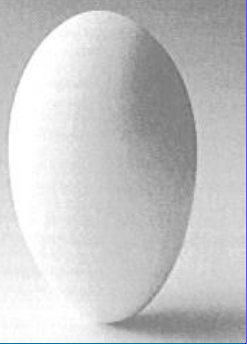
18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion

## - Dealing with shame (1) -

- Basic needs: to be loved and to belong
- If I don't get as much love as I need: „I am wrong the way I am“ (otherwise I would be loved)
- I am different from others  
⇒ **existential shame**
- Permanent search for love and belonging in the outside world
- Acceptance that no one will be able to meet those needs the way parents normally should have done
- Building self-compassion in the face of the suffering it creates





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

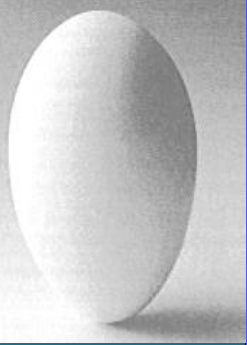
18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion

## - Dealing with shame (2) -



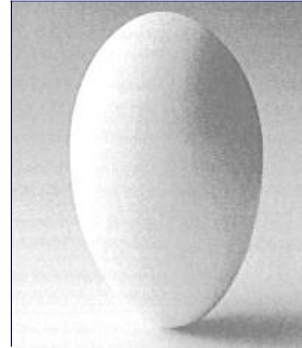




Christian Stiglmayr

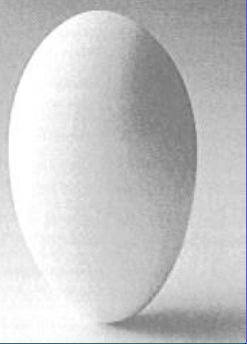
**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin



# Efficacy of DBT

18.06.2022  
Seoul International  
Meditation Expo



Christian Stiglmayr

AWP BERLIN

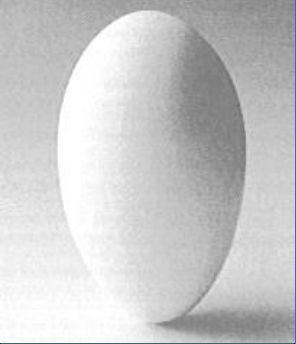
Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Efficacy Studies (1)

In a recent meta analysis including 24 randomized-controlled trials, there were moderate to strong effect sizes with respect to self-injurious behavior, suicidality, and mental health (Cochrane Review; Storebø et al., 2020).

⇒ By far the most efficacy studies are available for DBT, followed by MBT with 7 studies



Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Efficacy Studies (2)

**Based on current studies, only DBT and MBT  
are recommended as evidence-based  
methods for the treatment of BPD**



# DBT-Effectiveness Study, Berlin

Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

- 1 year outpatient DBT
- BPD (DSM-IV-TR)
- Under normal supply conditions
- 2007 - 2010
- Included:
  - 47 clients (43 females, 4 males)
  - > 15 years

# DBT-Effectiveness Study, Berlin

## - Pre-Post-Results -

Table 2: Median, Range, Descriptive Means ( $M_d$ ) and Standard Deviations ( $SD$ ) for Pair-Wise Comparisons t0-t3

	t0		t3		n		Time Effect		
	Median	Range	Median	Range	(pairs)		Wilcoxon $U$	$p$	Effect size <sup>d</sup>
Number of Suicide attempts	.00	0-2	.00	0-1	42			1.000 <sup>a</sup>	
NSSI	5.17	0-90	1.00	0-17	42		-3.03	.002	0.33
	$M_d$	$SD$	$M_d$	$SD$	$n$ (pairs)	$t$	$df$	$p$	Effect size <sup>d</sup>
Inpatient Treatment									
Number of Inpatient stays	1.13	1.41	0.32	0.89	47	3.85	46	<.001	0.56
Duration (days)	51.3	74.2	6.8	19.9	47	4.15	46	<.001	0.61
Number of DSM-IV TR BPD criteria met	6.4	1.2	3.2	1.9	31	8.85	30	<.001	1.59 *

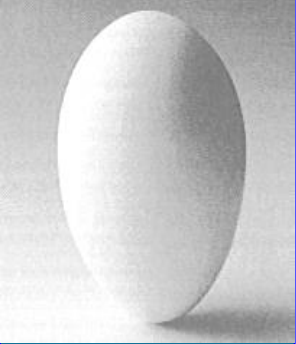
Note. Effect Sizes (Cohen's  $d$ ) are Based on pair-wise Descriptive Statistics t0-t3 ( $p$ -values pair-wise Wilcoxon- and  $t$ -tests).

Number of Suicide Attempts, Non-suicidal Self-injury, Number and Days of Inpatient Treatment Stays 12 months prior to t0 compared to 12 months prior to t3 NSSI

<sup>a</sup>McNemar-Test because of dichotomous variables (suicide attempts yes/no)

Stiglmayr et al. (2015)

\* 77% no longer fulfilled the BPS diagnosis



# DBT-Effectiveness Study, Berlin

## - Results costs-

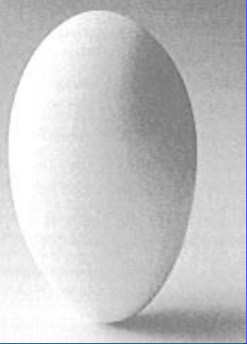
Christian Stiglmayr

	Costs for DBT M (SD) (in €)	Costs during DBT M (SD) (in €)	Costs savings (in €)
Medical costs	28.670 (33.443)	19.234 (19.534)	9.436
Total			
Direct costs	19.046 (25.210)	10.655 (9.154)	8.391
Indirect costs	9.624 (15.885)	8.579 (15.285)	1.045

Wagner et al., 2013

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin



Christian Stiglmayr

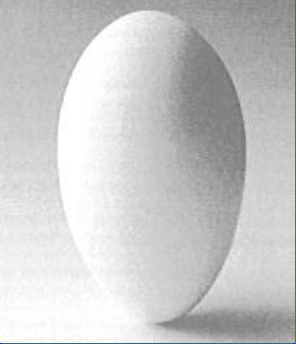
AWP BERLIN

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Summary

- DBT is an empirically generated psychotherapeutic method of the third wave of behavior therapy
- DBT is an emotion focusing therapy
  - In order to be able to work with the client's emotions, the first thing to do is to put an end to previously dysfunctional behaviors for emotion regulation
- Mindfulness and self-compassion are necessary components for treating clients with BPD
- DBT is effective for treating clients with BPD



Christian Stiglmayr

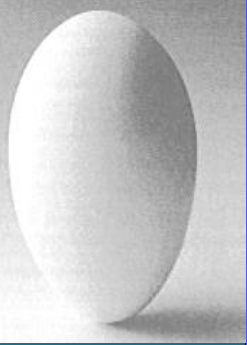
**A W P B E R L I N**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

# Thank you for your attention!

18.06.2022  
Seoul International  
Meditation Expo





Christian Stiglmayr

**AWP BERLIN**

Arbeitsgemeinschaft für  
Wissenschaftliche Psychotherapie  
Berlin

18.06.2022  
Seoul International  
Meditation Expo

# Self-Compassion - Neurobiology -

Recourse to and expansion of the mammalian care system to compensate for the threat defense system, which may be overly active.

⇒ 3 important factors that develop and sustain the mammalian care system:

- warmth
- soothing touch
- gentle vocalisation

