



## **A BRIEF INTRODUCTION TO RADICALLY OPEN DBT (RO DBT) and case vignette**

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By

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# **A BRIEF INTRODUCTION TO RADICALLY OPEN DBT**

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**PART A: CASE PRESENTATION/VIGNETTE**

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**2019**



# A CASE PRESENTATION

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- From DBT to Radically Open DBT?

# CASE PRESENTATION - STRUCTURE

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- First: Couple counselling
- Then a gap
- Then 1:1 therapy, initially DBT-based
- Then became more aware of over-control issues and existence of RO DBT resources

# SLIDES DELETED:

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- Details of case work are not available for distribution

# COUPLE THERAPY

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- Fruzzetti, A: **High-conflict Couple**
- A Dialectical Behaviour Therapy Guide to Finding Peace, Intimacy & Validation
- **Published:** 3rd December 2006  
**ISBN:** 9781572244504  
**Number Of Pages:** 200
- [https://www.booktopia.com.au/high-conflict-couple-fruzzetti-a/prod9781572244504.html?source=pla&gclid=EAlalQobChMIw7-So5b34gIVDyQrCh3B4ArZEAQYASABEgKIG\\_D\\_BwE](https://www.booktopia.com.au/high-conflict-couple-fruzzetti-a/prod9781572244504.html?source=pla&gclid=EAlalQobChMIw7-So5b34gIVDyQrCh3B4ArZEAQYASABEgKIG_D_BwE)

# LESSONS LEARNT

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- For a high-conflict couple who both have some SEVERE OUT OF CONTROL BEHAVIOURS, referred for couple-counselling in private practice, it is important that they have some Distress Tolerance and Emotion Regulation skills individually.
- If their 1:1 therapists are not involved in working with them on the above, COUPLE COUNSELLING will be slow and pains-taking but may progress or fail.

# RADICALLY OPEN DBT

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- I first hear it exists in late 2018, read online, share info



# WHAT IS RO DBT?

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- A new evidence-based treatment targeting a spectrum of disorders involving OVER-CONTROL

# RO DBT – A TRANS-DIAGNOSTIC TREATMENT FOR

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Chronic Depression

Anorexia Nervosa

Obsessive-compulsive PD – has four or more features

Treatment-resistant Anxiety

ASD

Maladaptive Perfectionism

# RO DBT 2019

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- 2 tests included in my intro training booklet:

Styles of Coping Word-Pairs (Lynch, 2015):

Under-Control:

Over-Control:

# O-C TRAIT RATING SCALE -VERSION 3 (SERETIS ET AL, 2015)

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- Low Affiliation Needs
- Emotion Expression Inhibition
- High detail-focus processing
- Negative emotionality
- Low positive
- “High moral certitude

# THERAPIST STYLE?

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- I read that RO DBT therapists complete rating scales:
  - ❖ Helpful to understand personal biases smuggled into work
    - O-C: inadvertently sanction avoidance
    - U-C: learn to back off, slow down, take “heat off”
  - ❖ Outing ourselves = demonstration of valuing of different styles

# THERAPIST STYLE?

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- Therapist completes questionnaires
- Relating style: much more o-c than u-c
- Share with client?
- Yes, in broad brush-strokes, especially as some self-disclosure had already been done

# IMPLEMENTATION IN CLINICAL PRACTICE

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By practicing radical openness and self-inquiry

- ❖ Therapists became more flexible and open
- ❖ Therapists learn about own social signaling
- ❖ Therapists feel professionally liberated and are helped in their own personal lives
- ❖ In consultation teams: self-inquiry replaces mindfulness

Hempel et al, 2018

# WITNESSING HOW DBT STARTED IN MELBOURNE AND AUSTRALIA

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- Books published in 1993
- First training in Melbourne in 1999
- Modified programs, to suit needs of individuals AND fit in with treatment centres, settings – incl. evidence-based!
- Now widely available in the private sector, not so widely in public mental health.



# WITNESSING HOW RO DBT STARTING IN MELBOURNE

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- Books published 2018
- Introductory course end of 2018 – about ??50 of us?
- INTENSIVE COURSE Early 2019 – in Sydney!!!

Information: Tanya Gilmartin/Melbourne DBT Centre

# DISCOVERIES: FIVE O-C THEMES – ALREADY DISCUSSED

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**Inhibited and disingenuous emotion:**

**Hyper-detailed, focused and cautious behaviour**

**Rigid and rule-governed behaviour:**

**Aloof and distant style of relating:**

**High social comparison and bitterness:**

# DBT VS RO DBT?

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- Significant differences - Tanya
- Similarities, too: avoidance often mentioned in DBT handouts
- Similarities in structure of treatment delivery:
  - groups + 1:1
  - + Consultation/supervision (adherence)

# LESSONS LEARNT

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- Differentiate between U-C and O-C
- There is a treatment for both!
- Therapists?

# REFERENCES

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- Thomas R. Lynch: Radically Open DBT: Theory and Practice for Treating Disorders of Overcontrol. Context Press, 2018.
- Thomas R Lynch: The Skills Training Manual for RO DBT: A Clinician's Guide for Treating Disorders of Overcontrol. Context Press, 2018.
- [radicallyopen.net](http://radicallyopen.net)
- [radically open dbt](http://radicallyopendbt.com)

# DBT RESOURCES

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## For individuals:

- Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control
- by
- [Scott E. Spradlin](#) (Goodreads Author),
- + Linehan books (2015, 2<sup>nd</sup> Ed)
- + Spectrum book on BPD available from Spectrum

# DBT-BASED COUPLE-COUNSELLING RESOURCE

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