

**ECHO IDAHO**

Opioids, Pain and  
Substance Use Disorders

# Treating Substance Use with DBT

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**University of Idaho**  
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# Learning Objectives



Understand the principles of DBT and its relevance to substance use treatment.



Identify the core DBT modules and their applications.



Learn key DBT strategies for managing substance use.

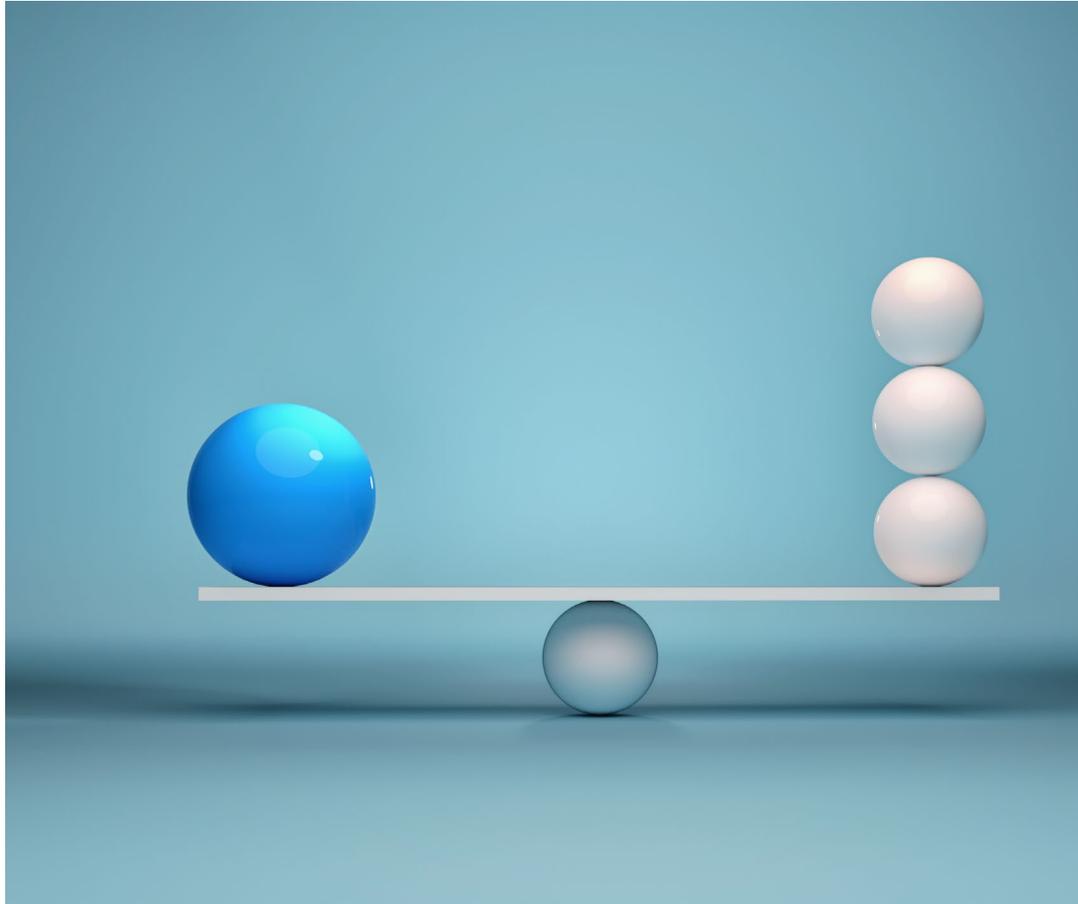


Apply DBT techniques in real-world scenarios.

# Introduction

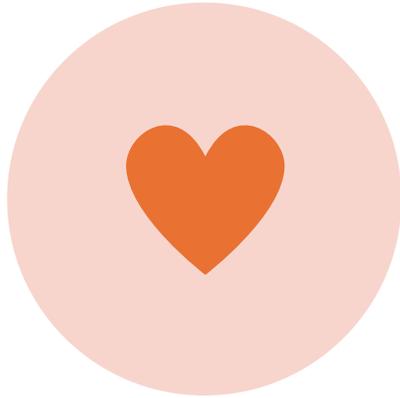
- Over 20 million Americans struggle with substance use disorders
- Dialectical Behavior Therapy is an effective approach to treat them
  - We will explore DBT principles, techniques of it, and real-world applications

# What is DBT?



- Developed by Dr. Marsha Linehan
- Focuses on balancing acceptance and change, along with rational and emotion mind
- Originally developed for borderline personality disorder and can be applied to other areas
- Four Key Modules
  - Mindfulness
  - Distress Tolerance
  - Emotion Regulation
  - Effectiveness

# Why Use DBT?



ADDRESSES EMOTIONAL  
DYSREGULATION



REDUCES IMPULSIVITY



CREATING A LIFE  
WORTH LIVING

# DBT Strategies for Treating Substance Use



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Dialectical Abstinence: Balances abstinence with harm reduction.

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Clear Mind vs. Addict Mind: Awareness of mental states.

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Urge Surfing: Managing cravings without acting on them.

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Contingency Management: Positive reinforcement.

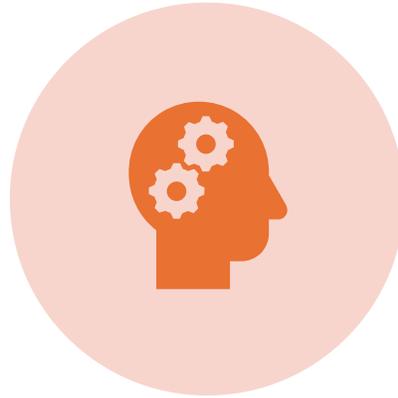
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Chain Analysis: Identifying triggers and behavior patterns.

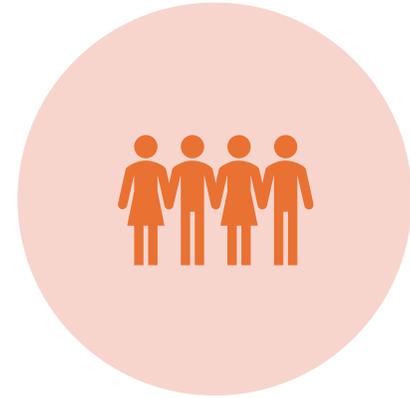
# DBT for Relapse Prevention & Long-Term Recovery



IDENTIFYING  
TRIGGERS



DEVELOPING  
COPING PLANS



BUILDING A  
FULFILLING LIFE

# Applying DBT to Substance Use Treatment



Implementing into Treatment Programs



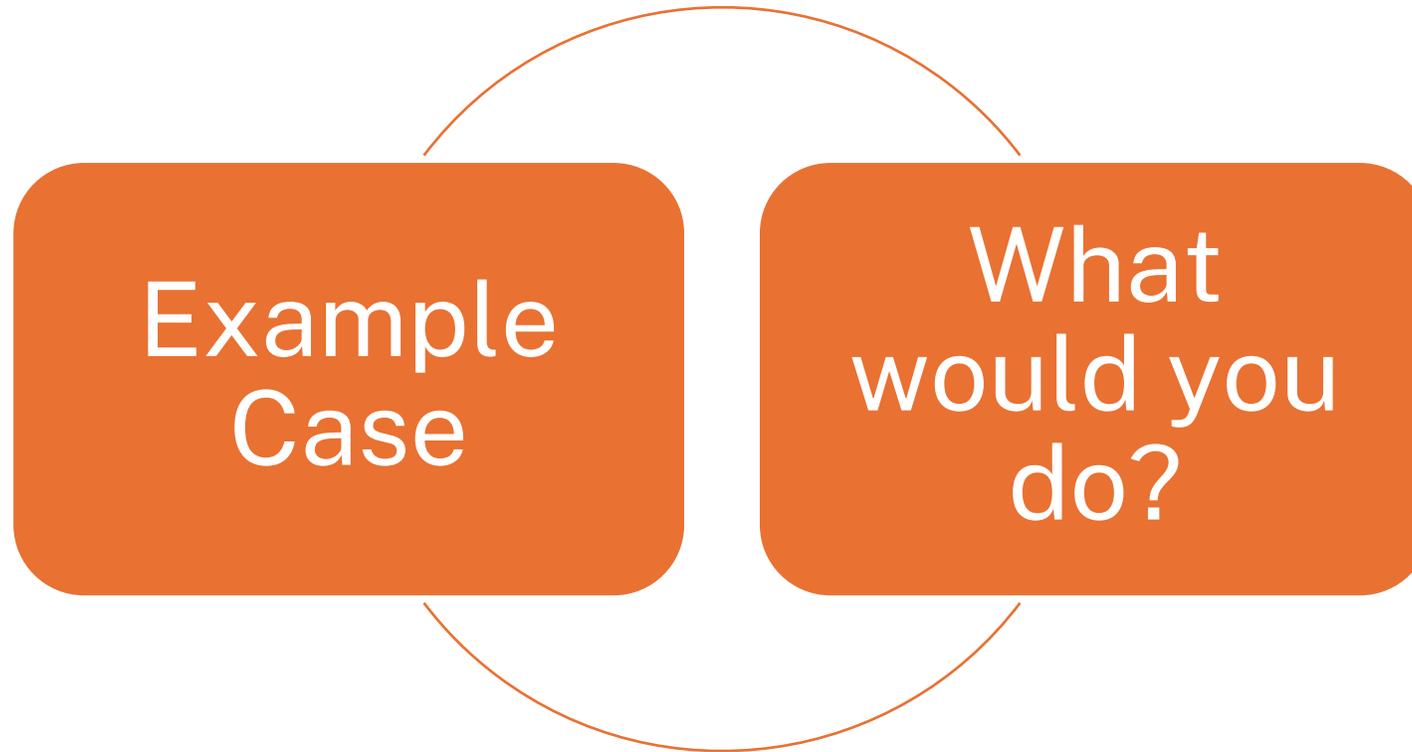
Integrating with Other Treatment Approaches

# Challenges & Considerations in DBT for SUD Treatment



- Commitment to change
- Addressing co-occurring disorders
- Access to DBT programs

# Case Study



# Key Points

- DBT is an evidence-based therapy that effectively treats substance use disorders by balancing acceptance and change.
- It provides practical tools for managing emotional dysregulation, reducing impulsivity, and fostering long-term recovery.
- Key DBT strategies, such as dialectical abstinence, urge surfing, and chain analysis, empower individuals to break the cycle of addiction.
- **Final Thought:** "Recovery isn't just about quitting substances; it's about building a fulfilling life. DBT provides the tools to make that possible. By integrating these skills into daily life, individuals can move towards lasting sobriety and a more meaningful future."

# References

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