

Skills to Support Emotion Regulation in Young People with IDD

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September 27, 2023

Disclosures

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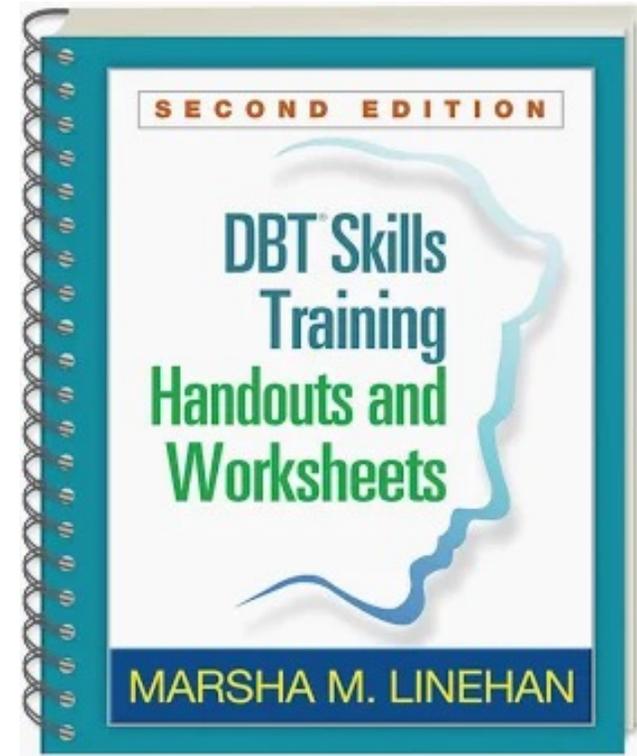


Objectives

- Attendees will be able to identify skills for reducing emotional vulnerability.
- Attendees will understand skills for emotional experiencing and changing emotions.
- Attendees will learn about strategies for managing overwhelming emotions.

Dialectical Behavior Therapy (DBT): Skills Training

- Comprehensive DBT is focused on treating chronic suicidality by way of reducing emotion dysregulation
- Skills Training is one component of comprehensive DBT



Linehan (2015)

Limited but Growing Evidence Base for IDD

JARID

Journal of Applied Research in Intellectual Disabilities

Journal of Applied Research in Intellectual Disabilities 2017, 30, 787–804

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Published for the British Institute of Learning Disabilities

REVIEW

Dialectical Behaviour Therapy [DBT] with People with Intellectual Disabilities: A Systematic Review and Narrative Analysis

Louisa McNair*, Ceri Woodrow* and Dougal Hare†

*Cheshire and Wirral Partnership NHS Foundation Trust, Cheshire, UK; †School of Psychology, Cardiff University, Cardiff, UK

Accepted for publication 26 May 2016

Huntjens et al. *BMC Psychiatry* (2020) 20:127
<https://doi.org/10.1186/s12888-020-02531-1>

BMC Psychiatry

STUDY PROTOCOL

Open Access

The effect of dialectical behaviour therapy in autism spectrum patients with suicidality and/ or self-destructive behaviour (DIASS): study protocol for a multicentre randomised controlled trial



Anne Huntjens^{1,2,3*}, L. M. C. Wies van den Bosch⁴, Bram Sizoo⁵, Ad Kerkhof^{2,3}, Marcus J. H. Huibers^{2,3} and Mark van der Gaag^{1,2,3}

Journal of Autism and Developmental Disorders
<https://doi.org/10.1007/s10803-021-05317-w>

ORIGINAL PAPER



Feasibility, Acceptability and Preliminary Efficacy of Dialectical Behavior Therapy for Autistic Adults without Intellectual Disability: A Mixed Methods Study

Doha Bemmouna^{1,4} · Romain Coutelle^{1,3} · Sébastien Weibel^{1,2} · Luisa Weiner^{2,4}

Accepted: 28 September 2021

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Behavioural and Cognitive Psychotherapy, 2021, page 1 of 16
doi:[10.1017/S1352465821000370](https://doi.org/10.1017/S1352465821000370)



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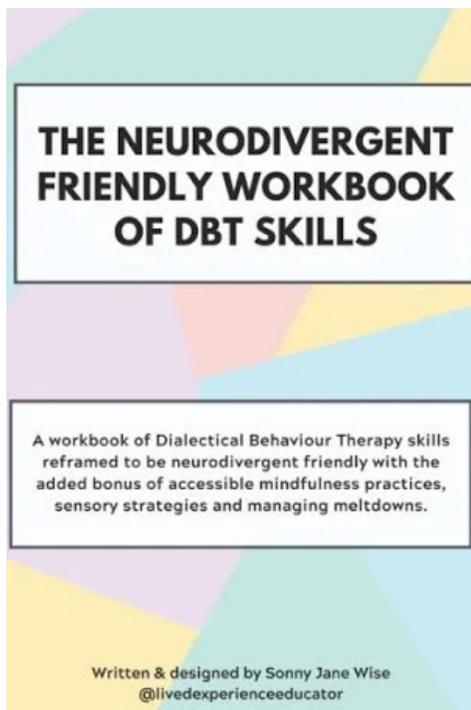
A pilot study of dialectical behaviour therapy skills training for autistic adults

Lorie A. Ritschel^{1,2*‡}, Lisa Guy¹ and Brenna B. Maddox¹

¹University of North Carolina School of Medicine, Chapel Hill, NC, USA and ²Triangle Area Psychology Clinic, Durham, NC, USA

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DBT-Informed Workbook

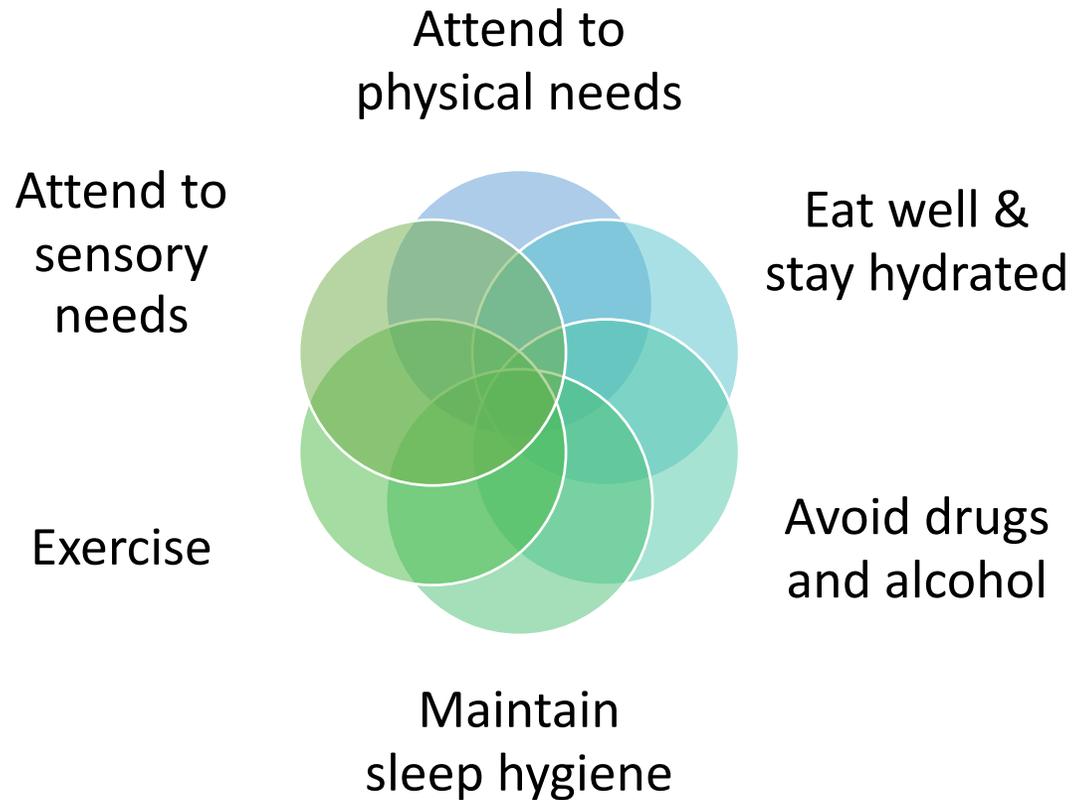


- Written by an Autistic adult
- Includes added content:
 - Mindfulness options
 - Sensory supports
 - Managing meltdowns
- No research evidence at this time

Wise (2022)

Skills for Reducing Emotional Vulnerability

- Take care of one's basic needs (DBT "PLEASE" skills)



Linehan (2015); Wise (2022)

Skills for Reducing Emotional Vulnerability

- Participate in enjoyable activities (DBT “Accumulating Positive Emotions”)
 - Identify individual and family-based activities
 - Schedule activities
 - Note mood before and after
- Work toward long-term goals
 - Identify values
 - Choose a related goal
 - Identify small steps to work toward this goal

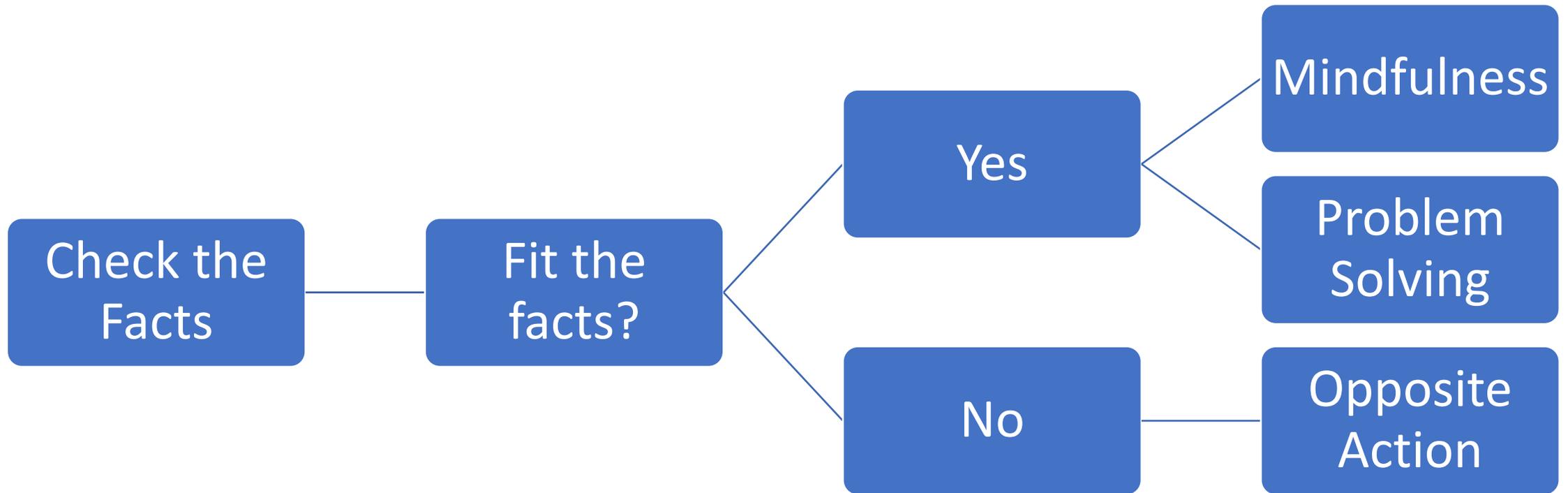
Linehan (2015)

Skills for Experiencing or Changing Emotions

- Find out if the emotion “fits” the situation and acting on it is effective (DBT “Check the Facts”)
 - If yes, then experience the emotion (DBT “Mindfulness of Current Emotions”)
 - If yes, but the situation is problematic, then try to solve it (DBT “Problem Solving”)
 - If no, then act opposite (DBT “Opposite Action”)

Linehan (2015)

Skills for Experiencing or Changing Emotions



Linehan (2015)

Skills for Managing Intense Emotions

- For painful situations that one cannot change immediately
- Focus on something else (DBT “Distract with Wise Mind ACCEPTS”)
 - E.g., activities, different emotions
- Do something relaxing (DBT “Self-Soothe”)
 - Engage the senses in a soothing way
- Activate your body’s rest system (DBT “TIPP”)
 - E.g., paced breathing

Linehan (2015); Wise (2022)

Available resources

Access recorded brief recorded presentations at this site:
<https://wainclude.org/echo/echo-idd-wraparound/presentations/>

April 26, 2023, *Redesigning Dialectical Behavior Therapy for Autistic Young Adults*, Alana J. McVey, Ph.D.

February 22, 2023, *IDD and Mental Health*, Rachel Earl, Ph.D.

November 9, 2022, *Depression in Youth with IDD*, Molly Cevasco, Ph.D., BCBA

October 12, 2022, *Understanding Anxiety in IDD*, Molly Cevasco, Ph.D., BCBA

December 22, 2021, *Identification of Mental Health Conditions in Youth with Intellectual and Developmental Disabilities (IDD)*, Lindsey Miller, ARNP

References

Linehan, M. M. (2015). *DBT® skills training manual*. Guilford Publications.

Wise, S. J. (2022). *The Neurodivergent Friendly Workbook of DBT Skills*. Lived Experience Educator.

Questions

THANK YOU!

Alana McVey

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