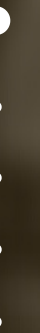


# THE USE OF DBT

T O R E D U C E  
R E C I D I V I S M  
R A T E S



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\*I dont not have any relevant financial relationships to disclose





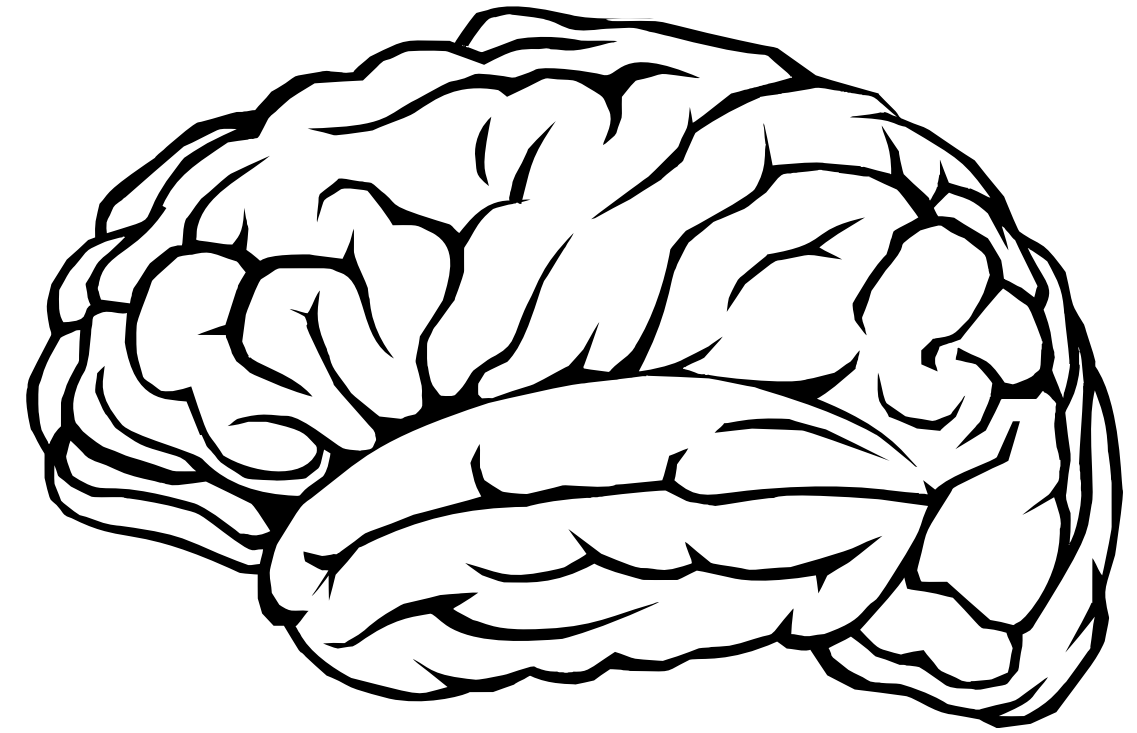
## Learning Objectives:

- \* Review existing research regarding both CBT and DBT and their use with the incarcerated population.
- \* Identify the 4 "types" of criminal/addictive thinker.
- \* Develop ability to apply specialized DBT skills to each of the 4 "types".



# PRISON IS BAD FOR MENTAL HEALTH.

*World Health Organization, 2018.*



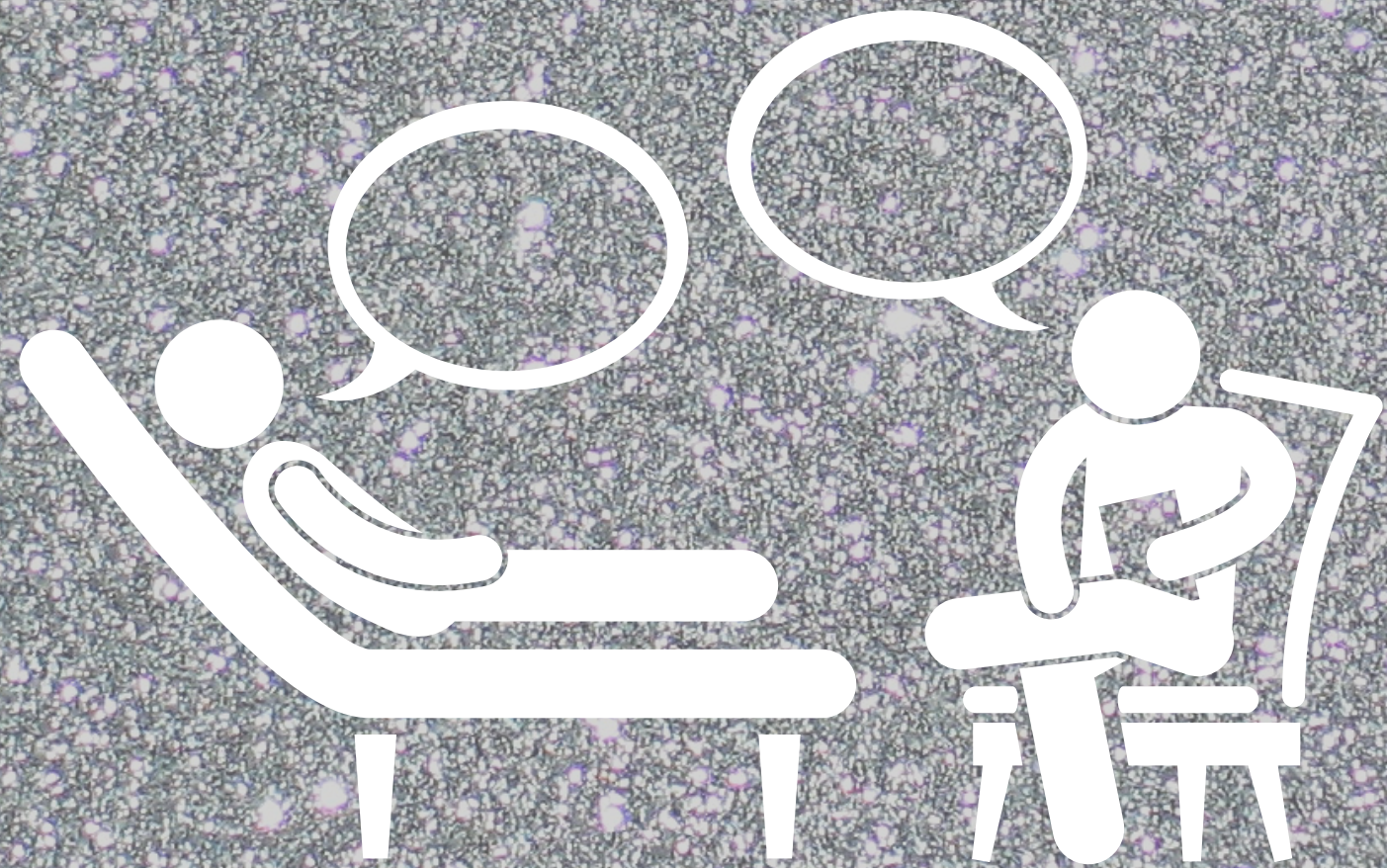
Individuals with mental illness are **THREE** times more likely to be in the criminal justice system than a hospital setting.



NATIONAL INSTITUTE OF MENTAL HEALTH, 2010



# The Why's



segregation  
funding issues  
burnout  
providers:offenders  
clinical training



EXISTING

data

&

research

80% of individuals in prison meeting  
diagnostic criteria for substance use  
and/or mental health disorders. ([bjs.gov](http://bjs.gov))

Commonly Presenting Symptoms:

- \*PTSD
- \*Trauma Responses
- \*Substance Abuse
- \*Impaired Self-Control
- \*Poor Emotional Regulation



# SUBSTANCES

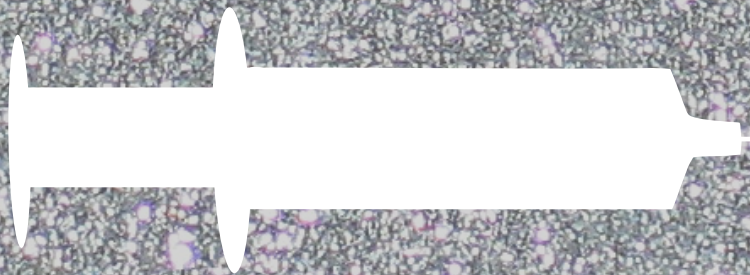
and arrests

38% stimulants

24% alcohol

28% opioids

**\*10% other**







80% will use illicit substances  
within 12mos of arrest

65% met criteria for diagnostic  
abuse or dependence

compared to 10% of population





Only 1/3 will receive an accurate diagnosis and treatment prior to release.

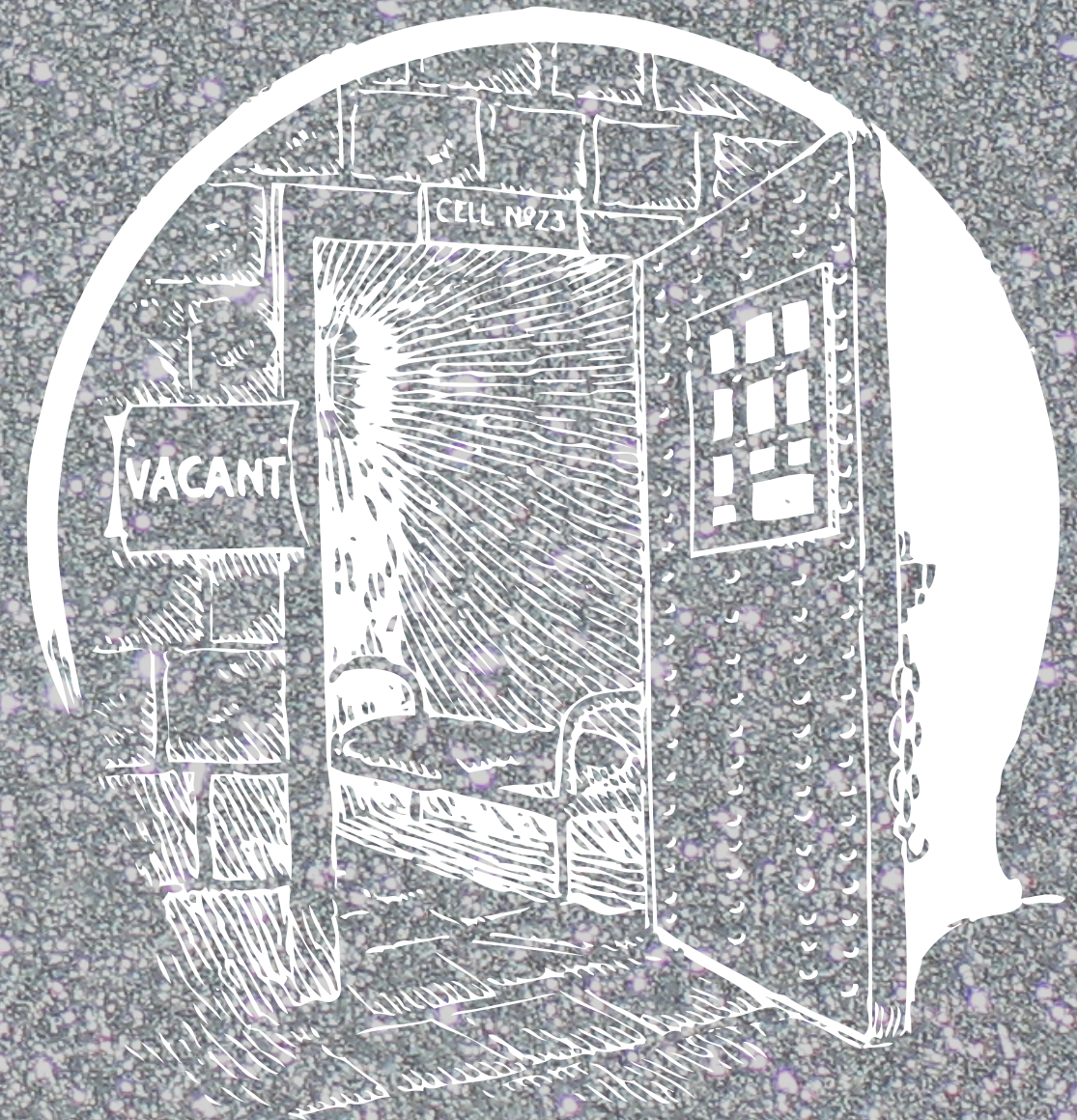
Overpopulation

Stigma

Decreased Trust

Symptomatic Victimization

Toxic Masculinity





# Traditional Treatment



## Robert Martinson research

- \*participation in therapy had little impact on recidivism
- \*strongest link found between prior education and recidivism
- \*therapeutic models most successful when administered by licensed and specially trained clinicians
- \*lack of appropriate training blamed for limited success



# Cognitive Behavioral Therapy

Assumes one can become  
conscious of thoughts and  
behaviors

Improved results  
over behavioral  
therapy.

Best results seen with  
*structured* CBT  
programs.

Overall shows best impact,  
but has moderate effect.



# Effects of DBT

SHELTON, DEBORAH 2011.



- REDUCED PHYSICAL AGGRESSION.
- OBTAIN PROBLEM SOLVING SKILLS (DIALECTIC THINKING)
- INCREASED UTILIZATION OF COPING SKILLS.



# 4 "Types" of Patients

re: Cognitive Distortions

Responsibility Avoider

Manipulator

External LOC

THE Convict

- groupings of Cognitive distortions, not diagnostic terms
  - overlapping often occurs
  - guide for treatment approach
    - limited examples



# Responsibility Avoider



Victim Stance

Unique Person Stance

Good Person Stance

Use of Minimization

"I only did it because ..."

"They provoked me"

"I only sold the drugs, the overdose isn't  
my fault"

Need for focus on Interpersonal  
Effectiveness Skills



# Responsibility Avoider



T.H.I.N.K

think, have empathy, interpretations, notice, kindness

F.A.S.T

fair, (no) apologies, stick to values, truthful,

G.I.V.E

gentle, interested, validated, easy manner



# Manipulator



fear of exposure  
use of power/deceit to control  
ownership stance

Use of Magnification  
Overgeneralization

"everyone knows to respect (fear) me"  
"you're crazy"  
"I don't care/get hurt"

behavior extinction  
Mindfulness Training



# Manipulator



## Extinction

stop reinforcing patterns that support manipulation

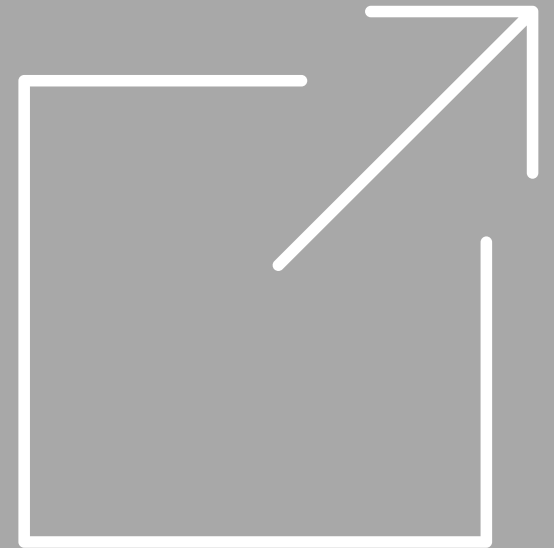
## Minfulness Skills

naming senses

1 minute of quiet



# External LOC



selective effort

personalization

magical thinking

"everything bad happens to me"

"cops hate me, judge hates me, PO hates me"

"I've got a record, I'll never get a job"

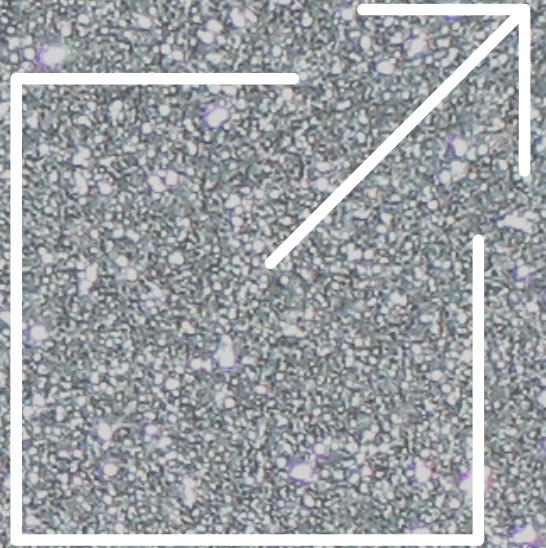
Wise Mind

Just the Facts

Radical Acceptance



# External LOC



Wise Mind

balance of logic and emotion

Radical Acceptance

story so far

Just the Facts

remove the emotions



# THE Convict



lack of time perspective

seek excitement first

seek pleasure first

All or Nothing Thinking

Black & White Thinking

Should Statements

"we have rules/codes"

"I'm smarter/quicker than everyone else  
in here"

Distress Tolerance Skills



# THE Convict



## Self-Soothing

comfort food, socks, warm drinks

## System Shock

ice in hand, water to face, stand in rain

## TIPP

temperature, intense exercise, paced breathing, paired muscle relaxation



**QUESTIONS?**



# REFERENCES

World Health Organization, 2018

[https://www.who.int/mental\\_health/policy/mh\\_in\\_prison.pdf](https://www.who.int/mental_health/policy/mh_in_prison.pdf)

Shelton, Deborah, 2012.

Impact of a Dialectic Behavior Therapy-Corrections Modified (DBT-CM) upon behaviorally challenged incarcerated male adolescents

[www.BJS.gov](http://www.BJS.gov)

Bureau of Prison Statistics





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