

DBT

for primary
care

DR. ELAINE S. BLAND

June 7, 2021



DBT FOR PRIMARY CARE

DISCLOSURES



Calgary Zone
webinar series
Mental health
& COVID-19

Disclosures

Relationships with financial sponsors:

- None

Dr. Elaine Bland

Family Physician

Medical Director Southwood Hospice

Medical Lead Mental Health Calgary Foothills

Primary Care Network

Clinical Lecturer, Cumming School of Medicine,
University of Calgary

DBT FOR PRIMARY CARE

DR. ELAINE BLAND



Calgary Zone
webinar series
Mental health
& COVID-19

What is DBT?

- Dialectical behavioural therapy: A cognitive-behavioural treatment originally developed for chronically suicidal individuals diagnosed with Borderline Personality Disorder
- Developed by Marsha Linehan
- 30 RCTs demonstrating effectiveness
- Cochrane review 2012 - only treatment with sufficient research to conclude it is effective for people with BPD
- TIME magazine top 100 Scientific Discoveries 2011

DBT FOR PRIMARY CARE

DR. ELAINE BLAND



Calgary Zone
webinar series
Mental health
& COVID-19

DBT skills

- Mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

DBT FOR PRIMARY CARE

DR. ELAINE BLAND



Calgary Zone
webinar series
Mental health
& COVID-19

DBT skills have been used for:

- Substance use disorder
- Mood disorders
- Suicidal ideation & self-harm behaviours
- PTSD
- Sexual assault survivors
- Eating disorders
- Correctional facility inmates/incarcerated women
- Adolescents

DBT FOR PRIMARY CARE

DR. ELAINE BLAND



Calgary Zone
webinar series
Mental health
& COVID-19

DBT training in primary care

- Access to AHS DBT program limited
- Long wait list, intense program, strict admission criteria
- Many skills are applicable to many situations in primary care
- Aim to increase knowledge of DBT skills & a DBT approach in primary care

DBT FOR PRIMARY CARE

DR. ELAINE BLAND



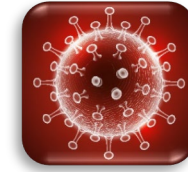
Calgary Zone
webinar series
Mental health
& COVID-19

DBT training for physicians:

- 5-hour (2 session) program led by Dr. Amanda Berg
- Therapist-Facilitated small group learning
- 1st course: 80 doctors in April 2021
- 2nd June 2021

DBT FOR PRIMARY CARE

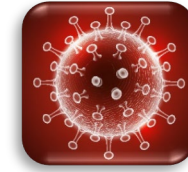
DR. ELAINE BLAND



Calgary Zone
webinar series
Mental health
& COVID-19

DBT training in primary care: 2021 and beyond

- Funding received to expand program.
- Likely 2+ more rounds of current physician training
- Expansion to train PCN teams within the Zone
- Ongoing training & support for physicians - case review, group training
- Training for MOAs & office staff in a DBT approach
- More skills training for physicians



Assumptions

- People are doing the best they can
- People may not have caused all of their own problems, BUT they have to solve them anyway

Linehan, M., M., (2014). *DBT Training Manual*.
New York, NY: The Guilford Press.

DBT FOR PRIMARY CARE

DR. ELAINE BLAND



Calgary Zone
webinar series
Mental health
& COVID-19

Thank you!

- Dr. Amanda Berg
- Dr. Rick Ward

MENTAL HEALTH & COVID-19

DR. AMANDA BERG



Calgary Zone
webinar series
Mental health
& COVID-19

Disclosure

- Relationships with financial interests
 - Grant/research support: None
 - Speakers bureau/honoraria: Alliance for Best Practice in Health, Otsuka
 - Consulting fees: None
 - Patients: None

DBT FOR PRIMARY CARE

DR. AMANDA BERG



Calgary Zone
webinar series
Mental health
& COVID-19

3 states of mind

