

The Impact of Dialectical Behavior Therapy with Sexually Abusive Youth in a Residential Setting

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Dialectical Behavior Therapy (DBT) is a psychotherapy which balances validation and acceptance of the person along with cognitive and behavior change strategies. It was originally developed by Marsha Linehan Ph.D. as an outpatient treatment for people diagnosed with Borderline Personality Disorder. Due to its effectiveness with this population, DBT has been expanded to other populations

The reduction in the length of stay due to funding constraints has prompted the need to develop new and innovative treatment interventions to meet this challenge. DBT was implemented within a residential treatment facility serving youth with a history of sexually abusive behaviors. The presentation will include a general overview of the DBT modules and how the skills from each module were modified to accommodate this population. Specific interventions will be described along with the impact of DBT upon these youth in comparison to prior and more traditional treatment interventions.

Participants will learn how DBT driven interventions have been effective change agents within a high risk residential population by the reducing the average the length of stay as well as how DBT treatment can increase the youth's ability to successfully transition to a less restrictive placement through the implementation of this treatment model.