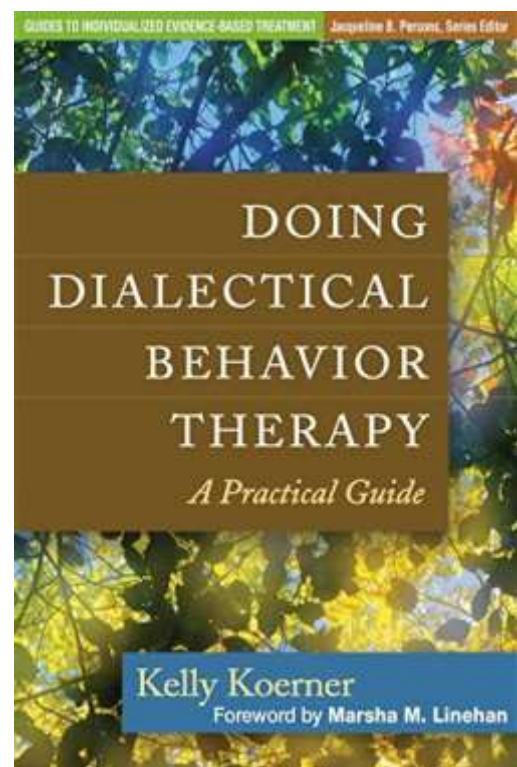
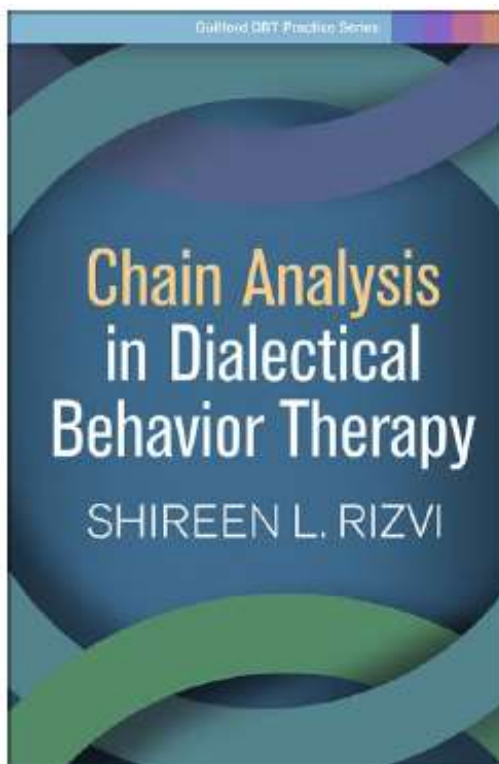
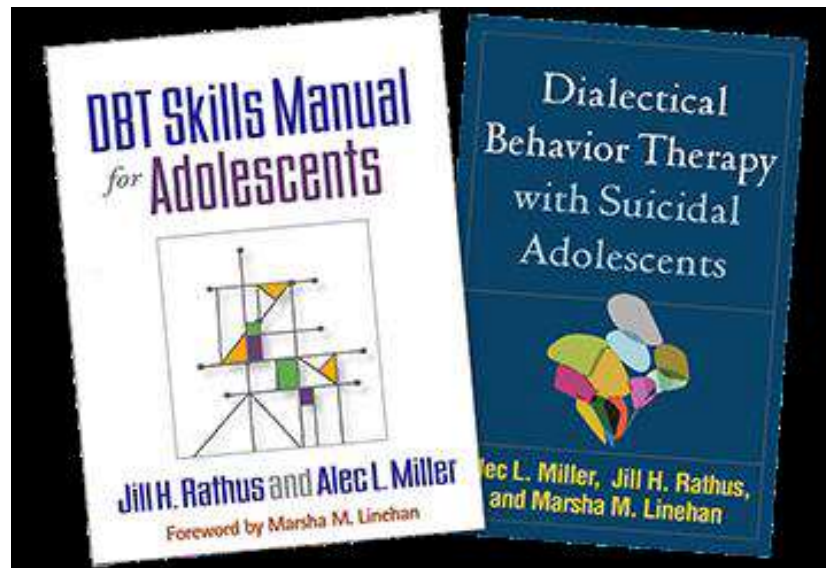


Further Resources





Mastering the Art of Chain Analysis in Dialectical Behavior Therapy

Shireen L. Rizvi, *Rutgers University*
Lorie A. Ritschel, *Emory University School of Medicine*

Behavioral chain analyses, which are common in behavioral and cognitive-behavioral treatments more broadly, are the primary assessment tool in Dialectical Behavior Therapy (DBT). As such, they are conducted in nearly every DBT session. Despite their importance in the treatment, very little has been written about the “how-tos” of chain analyses in DBT or how to improve therapist skill in this area. This article describes the rationale and proposed functions of chain analyses, provides details about the various components of the chain analysis, and includes common problems that arise in conducting chain analyses. A case example of a detailed chain analysis is provided.

Assessment-Driven Case Formulation and Treatment Planning in Dialectical Behavior Therapy: Using Principles to Guide Effective Treatment

Shireen L. Rizvi, *Rutgers University*
Jennifer H.R. Sayrs, *Evidence Based Treatment Centers of Seattle*

Dialectical Behavior Therapy (DBT) is a complex cognitive-behavioral treatment designed for a population with multiple problematic and high-risk behaviors. As with any behavioral treatment, the role of assessment in DBT is critical. Although there is a significant body of research supporting the efficacy of DBT, there is a relative dearth of practical and principle-based information that help therapists formulate cases and treatment from a DBT perspective. In this article, we provide a step-by-step guide for creating an assessment-driven DBT case formulation and treatment plan. We focus on identifying stage of treatment, determining goals, developing the target hierarchy, assessing and treating the primary target behavior, and tracking outcomes. We highlight the few rules that inform DBT assessment and practice, note and correct several common misconceptions, and demonstrate how the use of thorough assessment can result in a more nuanced case formulation and treatment plan.