

Mindfulness-Based Dialectical Behaviour Therapy for IT Professionals

Invited Lectures

Faculty:

Syeda Arifa Tasneem

Topics covered:

1. Introducing The MBDBT Programme
2. Presenting a Case Study
3. Reviewing Research Studies

Mindfulness-based Dialectical Behavioural Therapy (MBDBT) is an 8-week skill-based intervention programme that, along with reducing mental health symptoms, aims to improve relationships, self-esteem, and overall quality of life. Participants learn therapeutic skills during therapy sessions and are encouraged to practise them independently at home. Although MBDBT is known for reducing symptoms of mental health conditions, its primary goal is to enhance various aspects of individuals' well-being.

The program is specifically designed for non-clinical populations, such as IT employees, and comprises 8 weeks of individual therapy sessions. Each week follows a structured intervention schedule, with sessions lasting 30 to 40 minutes. While MBDBT incorporates several techniques, the program emphasises four core skills, which are repeated twice throughout the entire duration:

Skill 1: Chain Analysis of Problem Behaviour involves identifying and understanding the interconnected links within a behaviour chain. By unlocking these links, individuals can change their behaviours to rectify problematic patterns.

Skill 2: Ideas for Practising 'Wise Mind' focuses on developing the ability to think wisely, appreciating the value of reason and emotion, and cultivating an openness to reality as it is.

Skill 3: Ideas for Practising 'Observing' emphasises redirecting attention to the present moment and the sensations of the body and mind. This skill helps individuals purposefully pay attention to the present, reducing the influence of obsessive thoughts that may lead to compulsive behaviours.

Skill 4: Practising 'Loving Kindness' involves cultivating an attitude of acceptance, experiencing reality as it is, and fostering a sense of connection with the larger universe. This skill enhances awareness of inner spaciousness and wholeness.

Recent studies have shown promising results for MBDBT. One study conducted in 2022 focused on adolescents with borderline personality disorder (BPD). The research found that MBDBT significantly reduced BPD symptoms, improved emotion regulation, and enhanced interpersonal

functioning compared to a waitlist control group. Another study in 2022 investigated MBDBT's effectiveness in reducing symptoms of depression in adults. The findings indicated significant improvements in depression symptoms, mindfulness, and self-compassion among the MBDBT group compared to the control group.

While these studies demonstrate positive outcomes, further research is necessary to confirm the effectiveness of MBDBT for other mental health conditions. Nonetheless, the existing evidence highlights the potential benefits of MBDBT in improving mental well-being and overall quality of life.

About Our Speaker:

Syeda Arifa Tasneem

Currently working as a Clinical Psychologist at Recoup Health, Bangalore, is also a certified Mindfulness coach, group life coach and an acclaimed Hypnotherapist from California Hypnosis Institute (CHI USA). Has practiced at various hospitals and organisations like, Apollo Spectra, Apollo Cradle, Seraniti, (a start up, later taken over by cure.fit) to name a few. She has gained recognition for her work on World Health Day by SCARF.

She has published a couple of research articles on mindfulness and other psychological attributes in springer nature journals and other UGC recognised journals. She has also authored and published a book 'Love Me Someday'