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Referrals (48)

1. CLIENTS

Find Bailar Suelto:

Through the internet, friends, NA, AA, or other sources

2. FAMILIES

Seek treatment for loved ones who:

Usually have had previous psychotherapy
May or may not have been accurately diagnosed
May or may not desire treatment

3. MENTAL HEALTH PROFESSIONALS

Refer clients for one or more of:

Group skills training
Individual psychotherapy
Parent/family workshops
Pharmacology Tx
Need Consultation/Support or Just Burned Out

Evaluation and Admission

Bailando Suelto DBT Program admits clients with one of more of the following criteria:

- » Problems and behaviors that can be fully explained by borderline personality disorder
- » Diverse co-morbid diagnoses (panic attacks, generalized anxiety, chronic depression, etc)
- » Clients with diagnoses of bipolar disorder who have not been relieved of their suffering with treatment that is typically effective for bipolar disorder
- » Histories of trauma with problems not explained by post-traumatic stress and not resolved with regular Tx
- » Chronic and insidious depression and interpersonal problems who have not responded to other Tx
- » Multiple and chronic interpersonal problems (isolation, loneliness, alienation)
- » Persons who are highly vulnerable emotionally
- » Recurring ideation or behaviors of suicide
- » Eating disorders not resolved with specific previous Tx and with motivation to change their behavior and participate in nutrition counseling
- » Drug or alcohol abuse problems who are appropriately motivated to change their behavior in out-patient Tx and also participate in NA or AA.

The average age of clients in the practice is 25, ranging from 15 to 54. Over 90% of the clients are women.

TOOLS:

DSM IV for Interview (5 axes), (SADS) (FNE) (SASS) (STAI) DIB-R (BDI) (CGI) (STAI) (STAXI) (FNE)

Modes of Tx

PRE-Tx
Agreements Commitment
Motivation
New and Renewed



Auxiliary Groups
(addictions & eating disorders)

Psycho-Pharmacology

Santa Rosa Clinic
(In-client)

STAGE I
STAGE II
STAGE III
STAGE IV

Psychotherapy

Skills Training & Toolboxes

The standard four skill modules are taught in the skills training groups: Mindfulness, Interpersonal Relationship, Distress Tolerance, and Emotional Regulation. Additional skills are taught including, Forgiveness Workshop, Behavioral Chain Analysis, Sleeping Protocols, Agenda Workshop, Psychoeducational Workshop, Dictionary Tools, Relaxation Toolbox, and Bilateral Music.

Family Psycho-Education (24)

55% of family members report intense burnout
15% moderate
30% no burnout (non living with their loved ones)
ZARIT SCALE

modes of therapist education and support

Psychiatry Residents' Case Study Program (36)
(weekly for 12 months)

DBT Study Group for Practicing Psychotherapists (30)
(weekly for 12 months)

Research & Publishing

Univ. Buenos Aires Postgraduate Psychology Class (64)
(weekly for 5 months)

DBT Psychoeducational Classes
(monthly open to public)

Team Study and Case Management
(weekly meeting)

Website, & E-Groups

DBT functions for all modes of Tx and therapist support

Client Motivation
Psychotherapy
Psychopharmacology
Substitute Therapists
Vacations from Therapy
Hospitalizations

Real Life
Generalization
Phone Consultation
Skills Homework
Auxiliary Groups
Yoga Referrals

Skills Training
Psychotherapy
Skills/Toolbox Classes
Phone Consultation

Therapist Motivation & Skills
Website
Weekly Team Meetings
DBT Study Group
Psychiatry Resident's Training
Post Graduate Teaching
Public Psychoeducational Classes
Research & Publishing
Substitute Therapists
Vacations from Therapy

Environmental Structuring
Family Psychoeducation
Family E-Groups
Family Interviews
Santa Rosa Clinic
Bailar Suelto consultorios

5 DBT Functions

- » **MOTIVATION**
ENHANCE AND MAINTAIN THE CLIENT'S MOTIVATION TO CHANGE
- » **SKILLS TRAINING**
ENHANCE THE CLIENT'S CAPABILITIES AND SKILLS
- » **REAL LIFE GENERALIZATION**
ENSURE THAT THE CLIENT'S CAPABILITIES ARE GENERALIZED TO ALL RELEVANT ENVIRONMENTS
- » **THERAPIST MOTIVATION & SKILLS**
ENHANCE THE THERAPIST'S MOTIVATION AND CAPABILITIES
- » **ENVIRONMENTAL STRUCTURING**
STRUCTURE THE ENVIRONMENT SO THAT TREATMENT CAN TAKE PLACE

*Clients may be in any one or a combination of these tx modes.

Some Results

» MONTH BEFORE DBT TREATMENT BEGINS - ALL PATIENTS IN OTHER TYPES OF TREATMENT

NOMBRE	FECHA ENTREVISTA 1	EDAD	GÉNERO	FECHA DE NACIMIENTO	SUICIDE	SELF INJURY	ER VISITS	MED FLOOR VISITS	PSYCH INPATIENT ADMISSIONS	INPATIENT DAYS	WORK/SCHOOL MISSED	DAYS SUBSTANCES CONSUMED	NUMBER OF BINGE EPISODES	NUMBER OF COMPENSATORY BEHAVIORS
C1	10/10/2004	37	FEM	03/07/1966	4	1	4	2	1	2	N/A	4	12	4
C2	01/02/2005	28	FEM	17/02/1977	-	-	1	-	-	-	5	-	6	4
C3	01/06/2005	22	FEM	26/04/1983	2	20	4	2	-	-	10	4	5	4
C4	01/07/2005	31	FEM	01/02/1975	1	-	5	5	1	-	N/A	12	30	30
C5	10/07/2005	29	FEM	29/01/1977	-	-	2	-	-	-	10	4	-	-
C6	26/07/2005	38	FEM	16/05/1967	-	-	-	-	-	-	10	-	-	-
C7	30/09/2005	18	FEM	21/01/1987	1	25	7	1	1	30	N/A	-	-	-
C8	10/10/2005	25	FEM	16/05/1979	1	-	-	1	-	-	N/A	2	5	30
C9	20/10/2005	51	FEM	25/11/1954	-	-	1	1	1	15	N/A	2	-	-
C10	20/10/2005	29	FEM	15/02/1976	-	-	-	-	-	-	N/A	8	12	30
C11	20/01/2006	30	MASC	14/04/1975	-	-	2	-	-	-	6	15	-	-
C12	04/03/2006	48	FEM	24/08/1957	1	1	1	-	1	7	N/A	-	-	-
C13	06/03/2006	41	FEM	19/12/1964	1	-	-	-	-	-	N/A	-	-	-
C14	12/04/2006	27	FEM	18/10/1978	-	-	-	-	-	-	N/A	-	-	-
					12	47	28	12	5	54			70	

» FIRST MONTH OF DBT TREATMENT

NOMBRE	FECHA ENTREVISTA 1	EDAD	GÉNERO	FECHA DE NACIMIENTO	SUICIDE	SELF INJURY	ER VISITS	MED FLOOR VISITS	PSYCH INPATIENT ADMISSIONS	INPATIENT DAYS	WORK/SCHOOL MISSED	DAYS SUBSTANCES CONSUMED	NUMBER OF BINGE EPISODES	NUMBER OF COMPENSATORY BEHAVIORS
C1	10/10/2004	37	FEM	03/07/1966	-	1	1	1	-	-	N/A	2	8	8
C2	01/02/2005	28	FEM	17/02/1977	-	-	-	-	-	-	8	-	4	-
C3	01/06/2005	22	FEM	26/04/1983	-	1	1	1	-	-	7	8	4	-
C4	01/07/2005	31	FEM	01/02/1975	-	-	1	1	-	-	N/A	12	12	12
C5	10/07/2005	29	FEM	29/01/1977	-	-	1	-	-	-	5	-	-	-
C6	26/07/2005	38	FEM	16/05/1967	-	-	-	-	-	-	4	-	-	-
C7	30/09/2005	18	FEM	21/01/1987	1	1	-	-	-	-	N/A	-	-	-
C8	10/10/2005	25	FEM	16/05/1979	-	-	-	-	-	-	N/A	-	-	30
C9	20/10/2005	51	FEM	25/11/1954	-	-	-	-	-	-	N/A	-	-	-
C10	20/10/2005	29	FEM	15/02/1976	-	-	-	-	-	-	N/A	4	4	30
C11	20/01/2006	30	MASC	14/04/1975	-	-	1	1	1	7	7	8	-	-
C12	04/03/2006	48	FEM	24/08/1957	-	-	-	-	-	-	N/A	2	4	-
C13	06/03/2006	41	FEM	19/12/1964	-	-	-	-	-	-	N/A	-	-	-
					1	3	4	4	1	7			36	