

Radically Open DBT and Disorders of Overcontrol

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Big 3+1

RODBT's Beginnings

- Developed by Thomas Lynch
- 20 years of research
- Studying Inhibited emotions and excessive self-control

DBT vs. RODBT

Therapy Developed For	Undercontrol	Overcontrol
Personality Disorders associated with:	Cluster B: Borderline PD & Antisocial PD	Cluster A and C: Avoidant, Obsessive Compulsive, Paranoid, and Schizoid PDs
Attachment Style:	Anxious Attachment	Avoidant Attachment
Core Issues:	Emotion dysregulation & poor impulse control	Social Signaling deficits, low openness, & aloofness
Therapeutic Focus	Emotion regulation & distress tolerance	Social signaling, openness, social connectedness
Suicide & Self-Harm:	Most likely mood dependent	Usually planned and secretive
Teaching emphasis:	Increasing impulse control	Self-enquiry and self-discovery

Core Deficits of Maladaptive Overcontrol

- Low receptivity and openness
- Low flexible control
- Pervasive inhibited emotional expression and low emotional awareness
- Low social connectedness and intimacy with others

Top Ten OC Features

- **High tolerance for distress, superior ability to delay gratification**
- **High sense of social obligation, willingness to make sacrifices to care for others**
- **Compulsive rehearsal/planning**
- **Seriousness, constrained emotional expression, not easily impressed**
- **High focus on performance; social comparisons; secret competitiveness**
- **Aloof and distant manner, slow to warm up, low social connectedness**
- **Self-injurious behavior planned, private, rarely requires medical attention**
- **Superior capacity for detail-focused processing; high moral certitude.**
- **Positive mood states linked to sense of accomplishment**
- **Dislike being the center of attention, outbursts of emotion occur in private/with very familiar others**

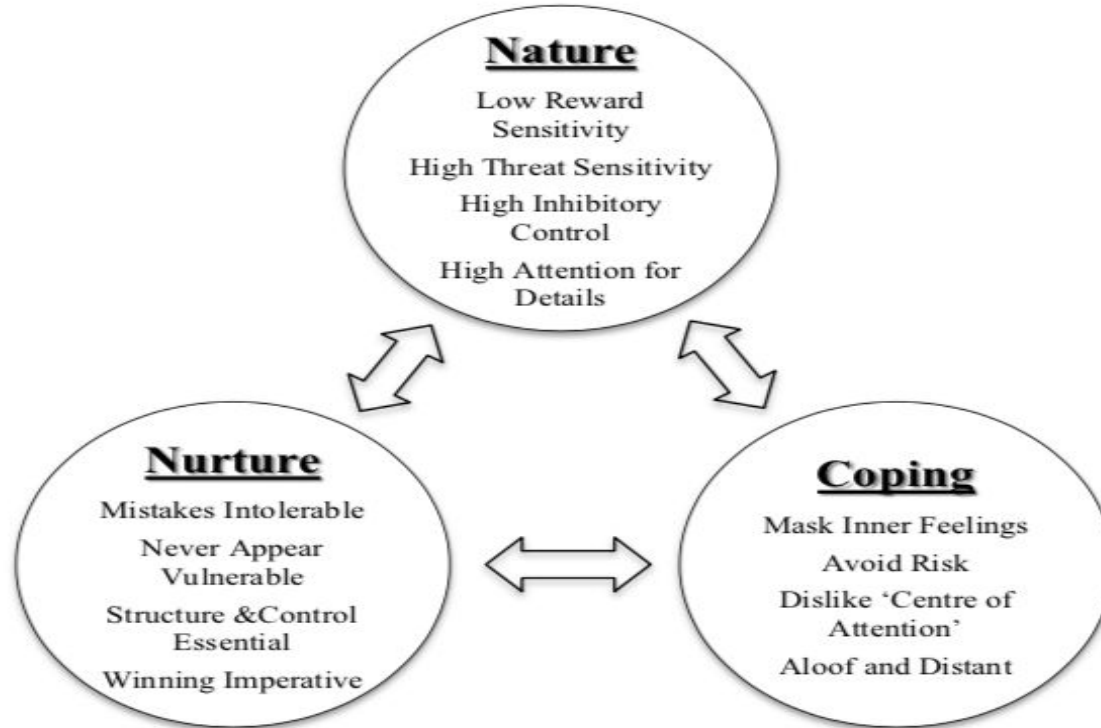
Assessing for Overcontrol

- Do you believe it is important to “do things properly” or “right”?
- Are you a perfectionist or do you have a lot of all-or-nothing thoughts?
- Are you cautious and careful about how you do things?
- Do you prefer order and structure? Are you organized?
- Do you like to plan ahead? Do you think before acting?
- Are you able to delay gratification? Are you able to easily inhibit an impulse?
- Do you consider yourself conscientious? Are you dutiful?
- Are you quiet, restrained, or reserved by nature?
- Is it hard to impress you?
- Does it take time to get to know you?
- Are you likely to not reveal your opinion immediately until you get to know someone better?

Baby OC/Baby UC

- Baby UC vs Baby OC

Neurobiosocial Theory

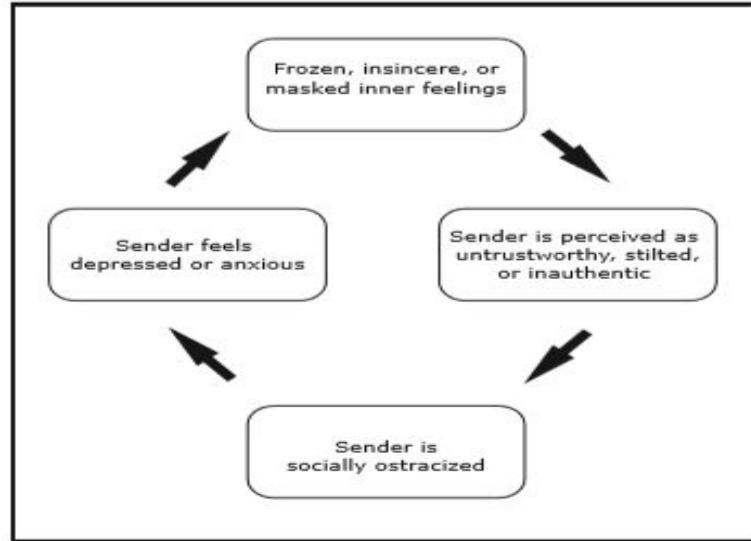


Three Features of Psychological Health

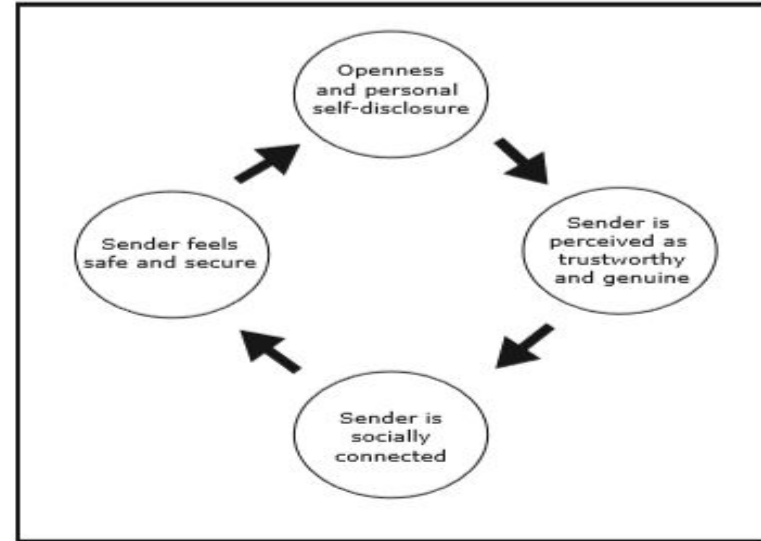
- Receptivity and openness to new experience and disconfirming feedback in order to learn
- Flexible control, in order to adapt to changing environmental conditions
- Intimacy and social connectedness (with at least one other person), based on premises that species survival required capacities to form long-lasting bonds and work in groups/tribes.

Social Signaling

Inhibited Expression



Open Expression



Talking Eyebrows

- Talking Eyebrows

Self-Enquiry

- Increases learning about oneself especially when being closed to new information/feedback.
- Questions in order to learn.
- Finding your “edge”
- Avoid quick answers

Loving Kindness Mindfulness

- Purpose: Activating the social safety system
- Practice: Daily, especially before social interactions

Thank you!

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