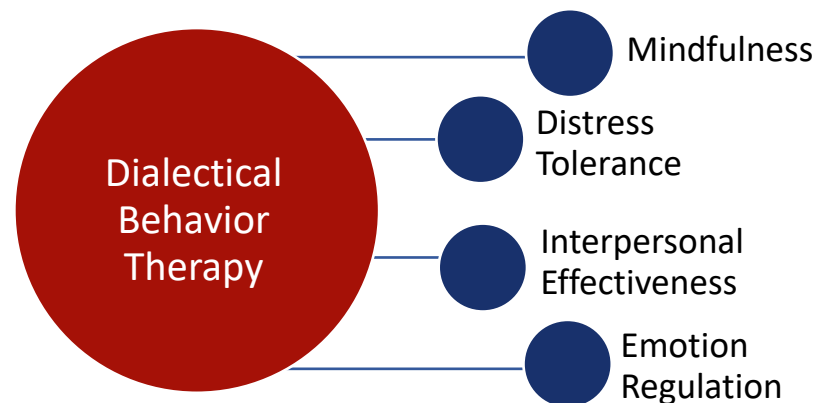


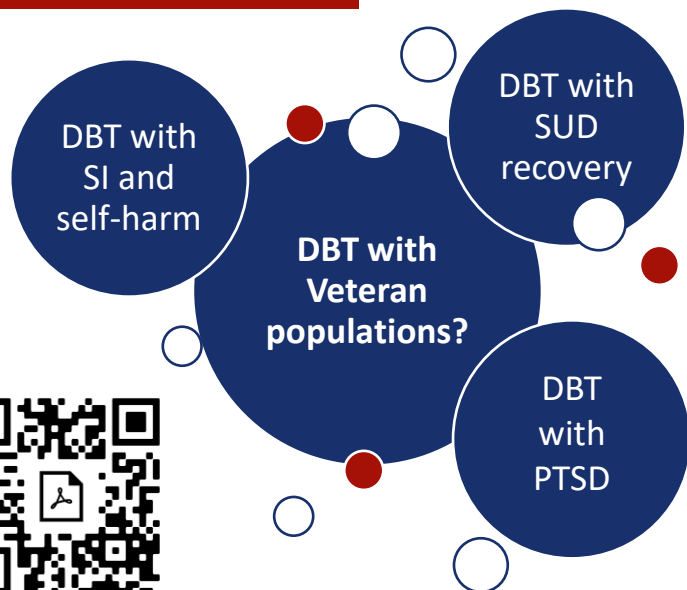
Annika Wurm & Adam McGuire

## Background

- Need for trauma-focused intervention outside of traditional CBT
- Dialectical behavior therapy was developed for BPD; behavioral & skills-based approach
- DBT became part of “Third Wave” CBT movement
- There is currently a gap in our understanding of how veterans respond to DBT treatment



## Existing Literature



## Veterans and DBT

- There is an overlap in trauma distress across DBT target groups and veterans
- Trauma: combat, sexual violence
- Four Core DBT Skills relevant to high-risk veterans
- Tailored DBT for Veterans
  - Group Skills Training + Individualized Component

## Conclusion

**At-risk veterans may benefit from DBT treatment.**

## Future Directions

Larger randomized controlled trials (RCTs) needed to substantiate findings and draw conclusions about the use of DBT with high-risk veteran populations.