

THERAPEUTIC APPROACHES

Radically Open DBT

RO-DBT treats the opposite problem to standard DBT. Where DBT addresses undercontrol, RO-DBT addresses overcontrol.

Excessive self restraint, perfectionism, rigidity and the social disconnection that follows are the targets. The work builds openness, flexibility and genuine social connectedness rather than more control.

BEST SUITED TO

- Clients who present as highly capable and composed but describe loneliness and emptiness
- Perfectionism, hyper detail focus, difficulty relaxing or being spontaneous
- Treatment resistant and chronic depression, where previous therapy produced little movement
- Restrictive eating presentations and obsessive compulsive personality features
- Flat or masked emotional expression that leaves others feeling held at a distance

A useful signal: if your patient is described by others as reserved, correct or hard to read, and previous CBT or standard DBT has not shifted things, RO-DBT is worth considering.

INDICATIVE DIAGNOSES

Anorexia nervosa, restricting type; chronic and treatment resistant major depressive disorder; persistent depressive disorder; obsessive compulsive personality disorder; avoidant personality disorder; and overcontrolled presentations in autism spectrum disorder.

This list is indicative rather than exhaustive. Diagnosis guides the choice of approach but does not determine it on its own.