



*"Research & Training to Improve Clinical Care"*

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**Short Name:** DBT-ACES Evaluation of Feasibility

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**Abstract:**

The proposed study is designed to examine an adaptation of Dialectical Behavior Therapy specific for the treatment of severe borderline personality disorder and psychiatric disability. The DBT-Accepting the Challenges of Exiting the System program or (DBT-ACES) is provided after a year of standard DBT outpatient treatment and focuses on the skills needed for successful living-wage employment and self-sufficiency. This R34 treatment development study builds on encouraging pilot data to reach three specific aims: (1) to further develop the DBT-ACES manual including its feasibility and acceptability as well as treatment fidelity, (2) to develop the means for and evaluate the feasibility of an efficacy trial of DBT-ACES in terms of recruitment, attrition, assessment, and a treatment-as-usual (TAU) control condition, and (3) to conduct a small randomized clinical trial pilot study of DBT-ACES (n=15) vs. TAU (n=15) which will evaluate attrition for DBT-ACES and TAU and the statistical feasibility of studying experimental effects of the treatments on primary and secondary measures. Because DBT-ACES is an advanced DBT treatment, study participants will all receive standard DBT (paid for by county public mental health funds) and then those who are stable and interested in employment will be randomized to DBT-ACES or TAU for a second year.

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