

Chain Analysis

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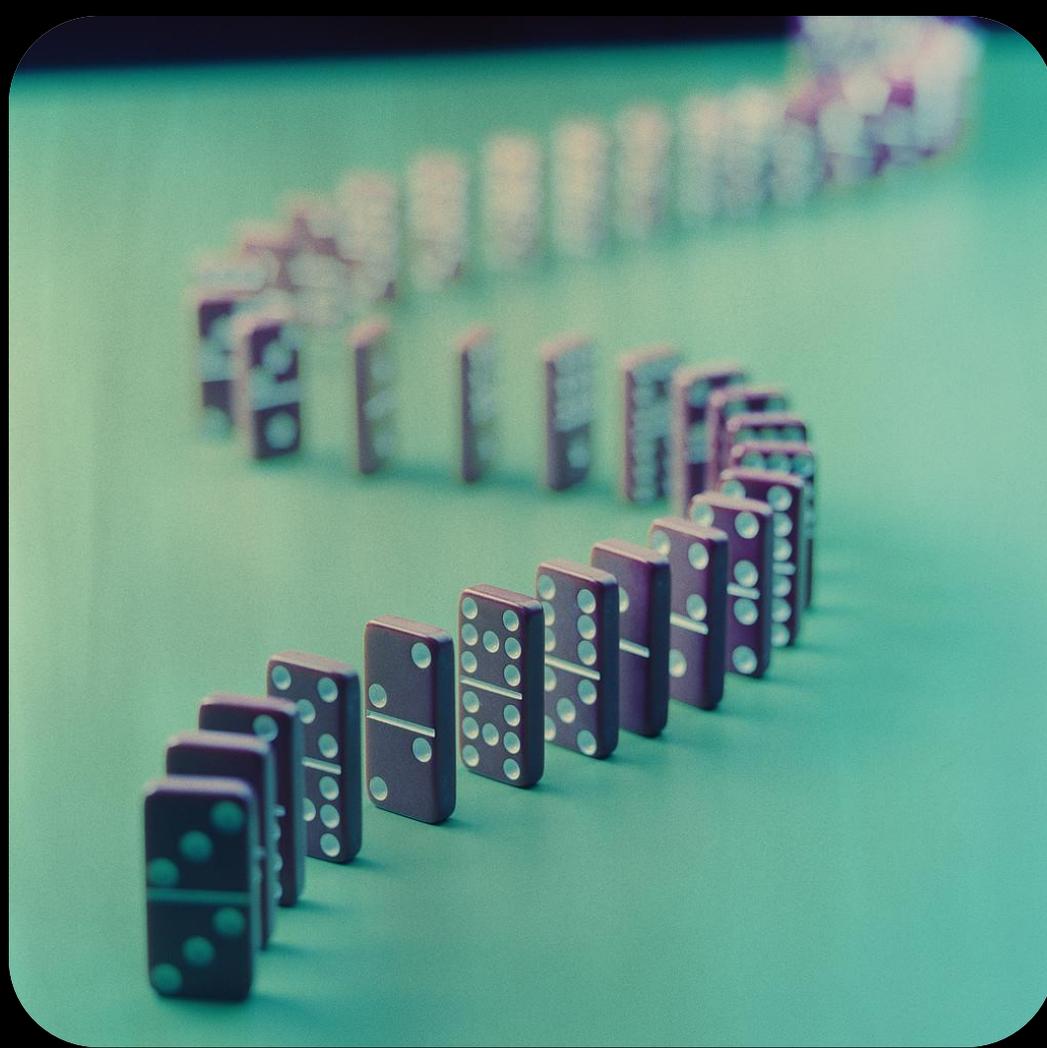


Disclaimer & Disclosure

- Disclaimer: The views expressed in this presentation are those of the author and do not necessarily reflect the position or policy of the Department of Veterans Affairs or the United States Government.
- Disclosure: I have no commercial relationships to disclose.

Behavioral chain analysis is a behavioral therapy tool.

- Crucial strategy in Dialectical Behavior Therapy (DBT)
 - Most therapeutic errors arise from faulty assessment of the problem
- Can be applied to any treatment or interaction where understanding a problem and creating an effective intervention is the goal



Why do a behavioral chain analysis?



Understand what's going on



Understand what's needed to change –
First step in problem solving



Validating – e.g., There's a reason why I
do this; I'm not just crazy.



Can decrease provider frustration,
judgment, or irritation

Doing a chain can answer a number of different questions.

- What is the problem?
- What makes the problem more likely to happen?
- What is causing the problem?
- What is interfering with resolution of the problem?
- What tools or skills are available to help solve the problem?
- What is the client's awareness of the problem?

When doing a chain, choose a specific instance of the problem behavior. Behavior includes thoughts, feelings, & actions.



Thoughts



Feelings

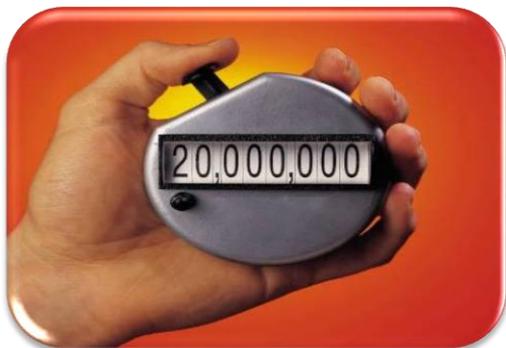


Actions

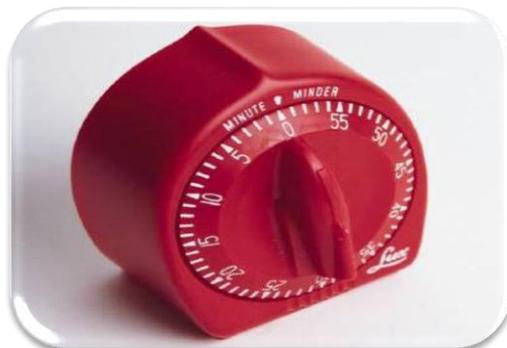


Behavior

When defining behavior, there are a number of characteristics to take into account.



Frequency



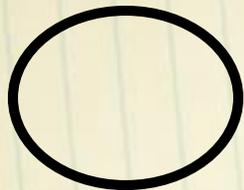
Duration



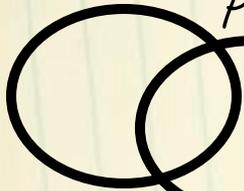
Intensity



Topography



Vulnerability factors



Prompting event



Links in the chain

Actions

Events

Thoughts

Emotions

Physical sensations

Urges

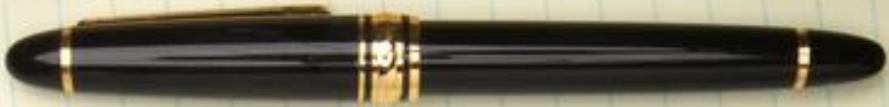


Problem behavior

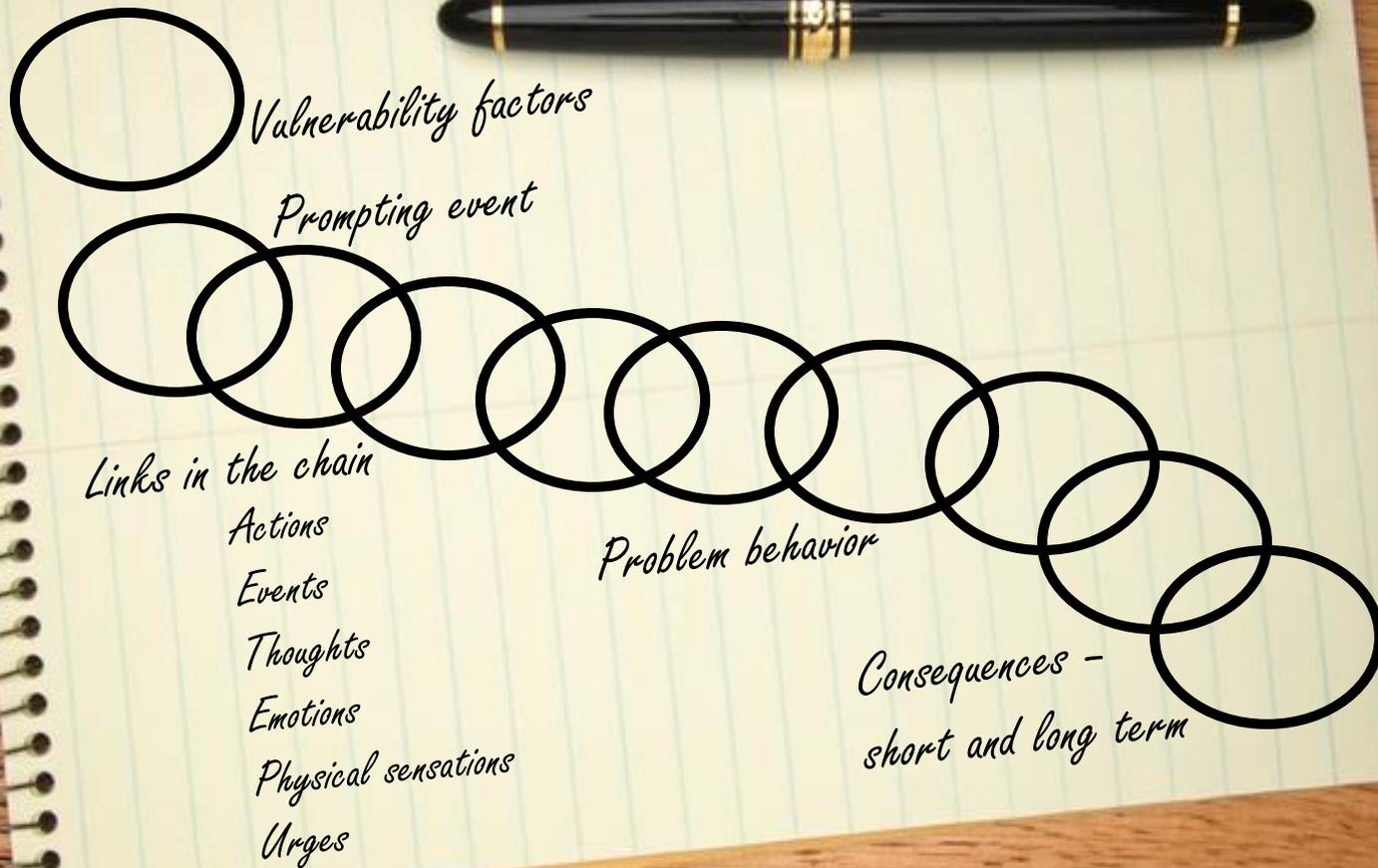


Consequences -

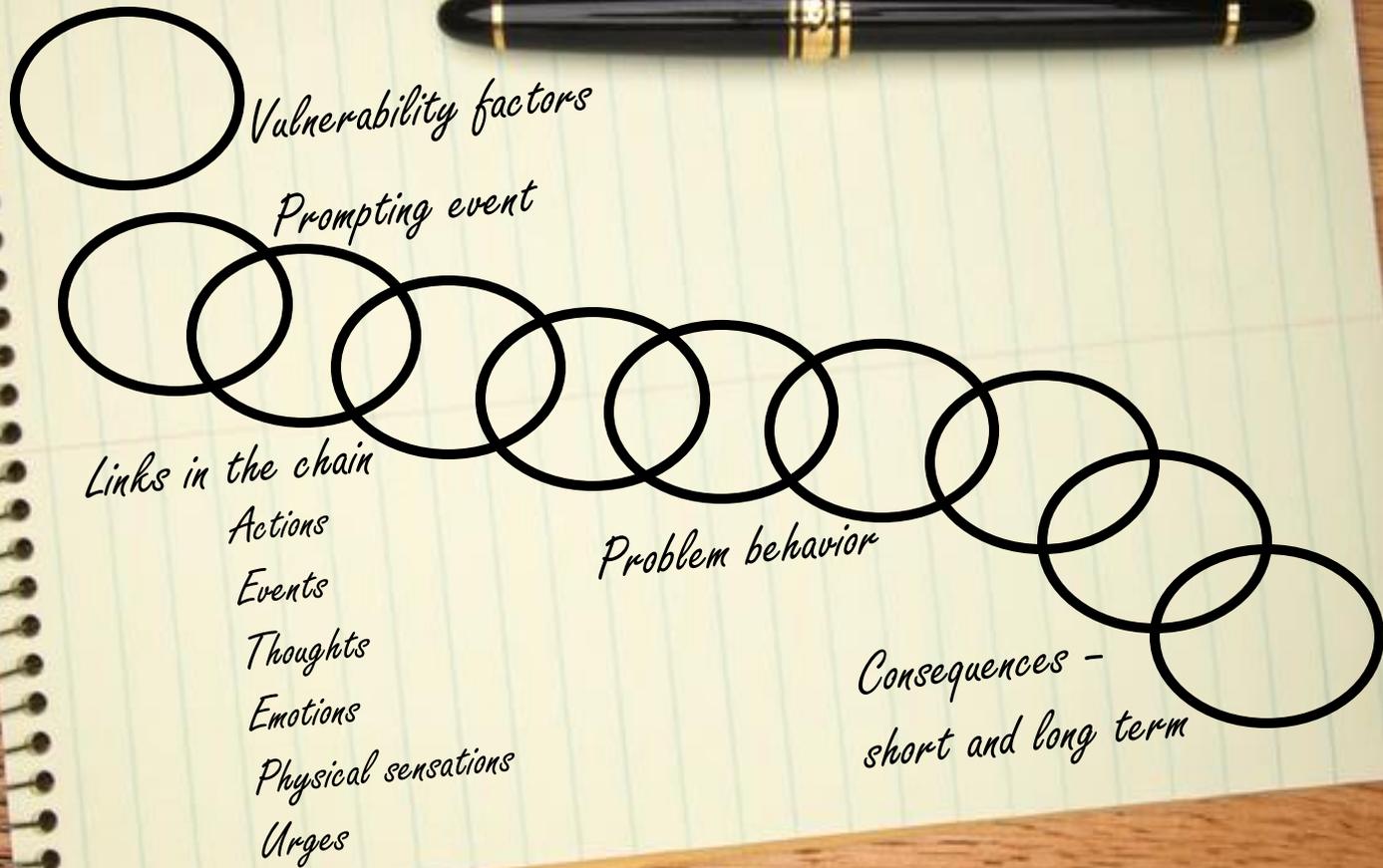
short and long term



Prevent Vulnerability



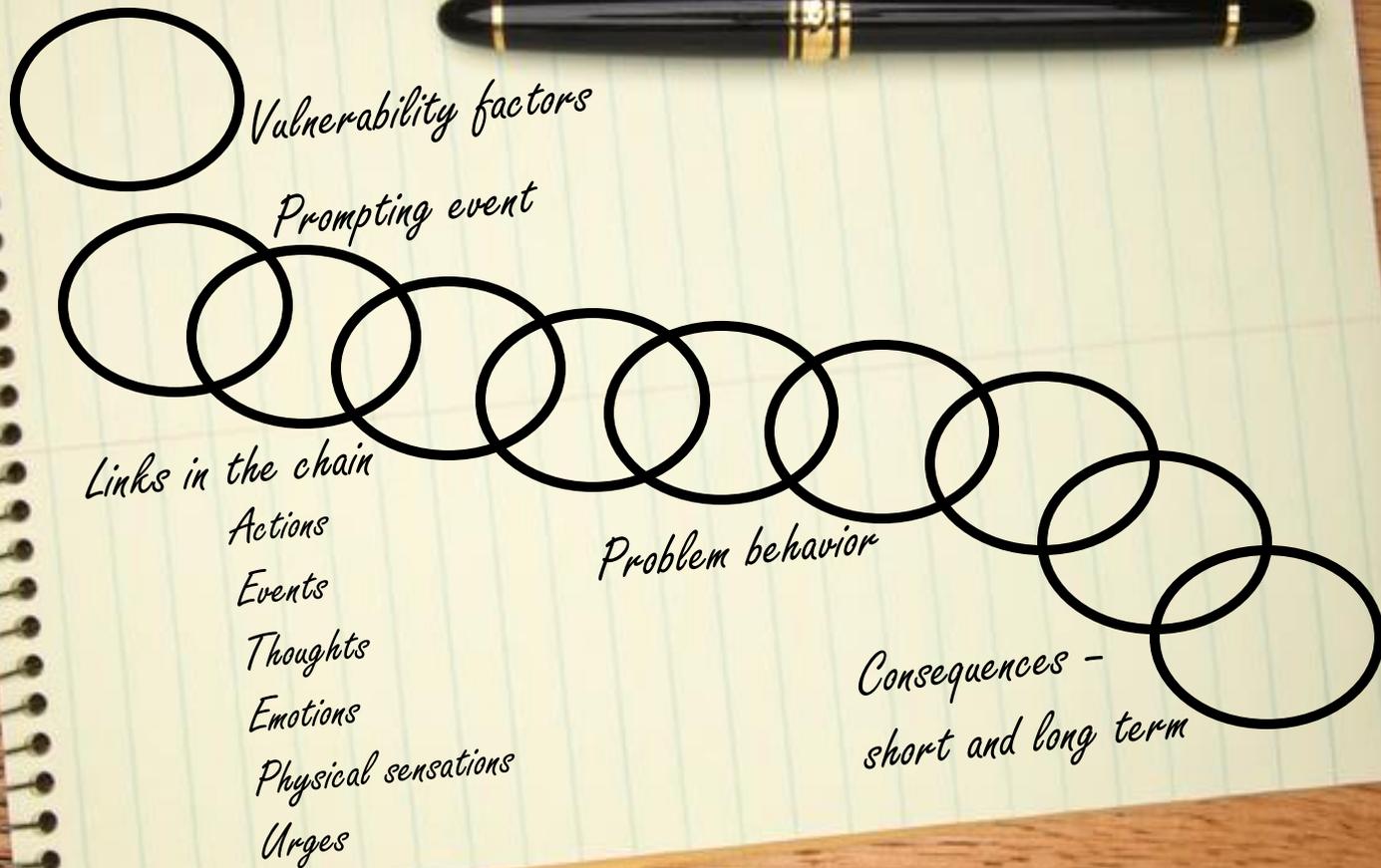
Prevent Prompting Event



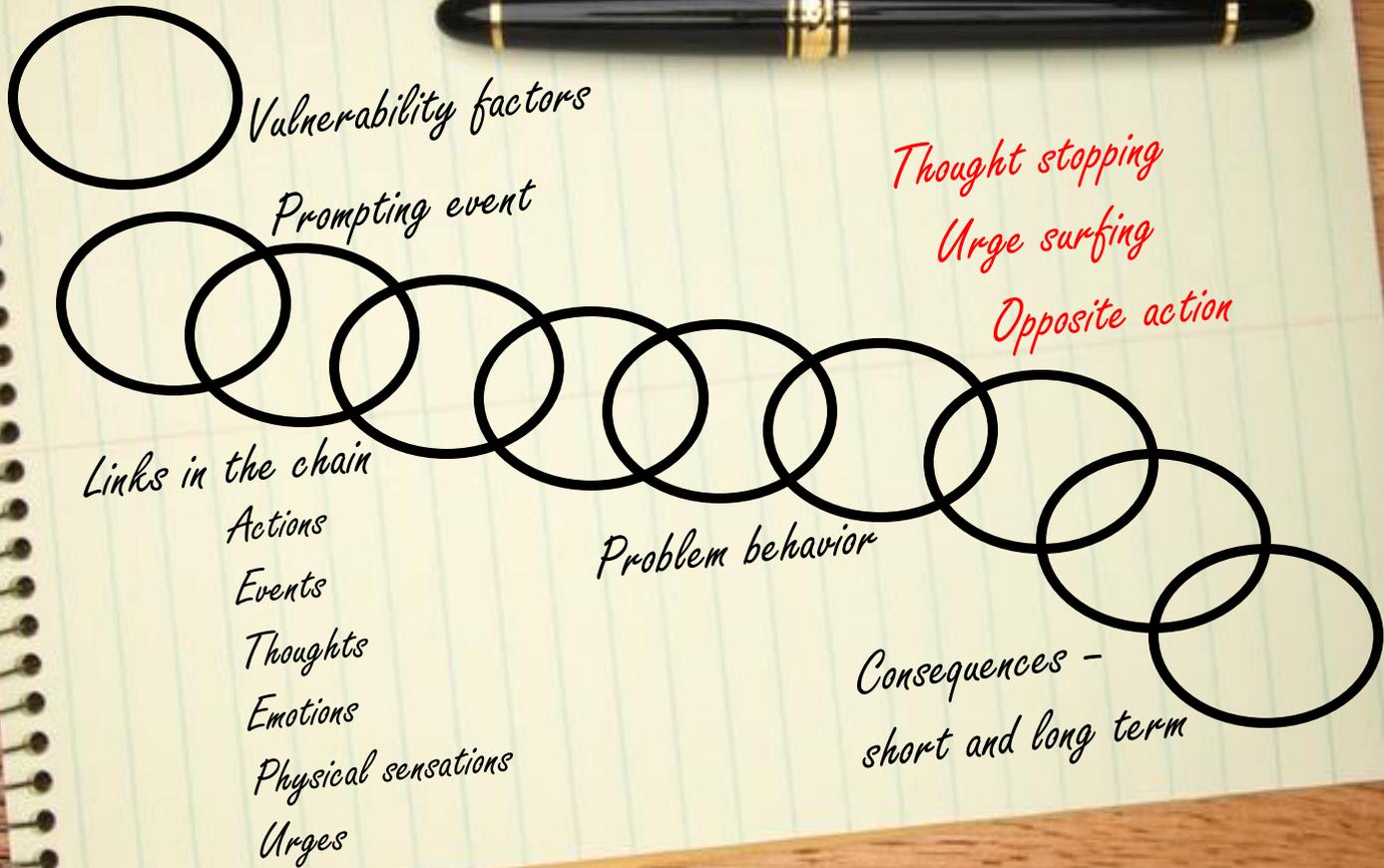
Add Skills

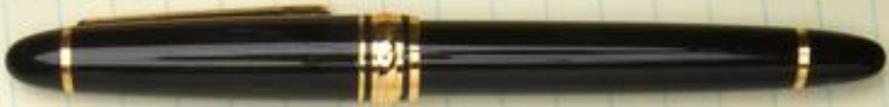


Change the Consequences



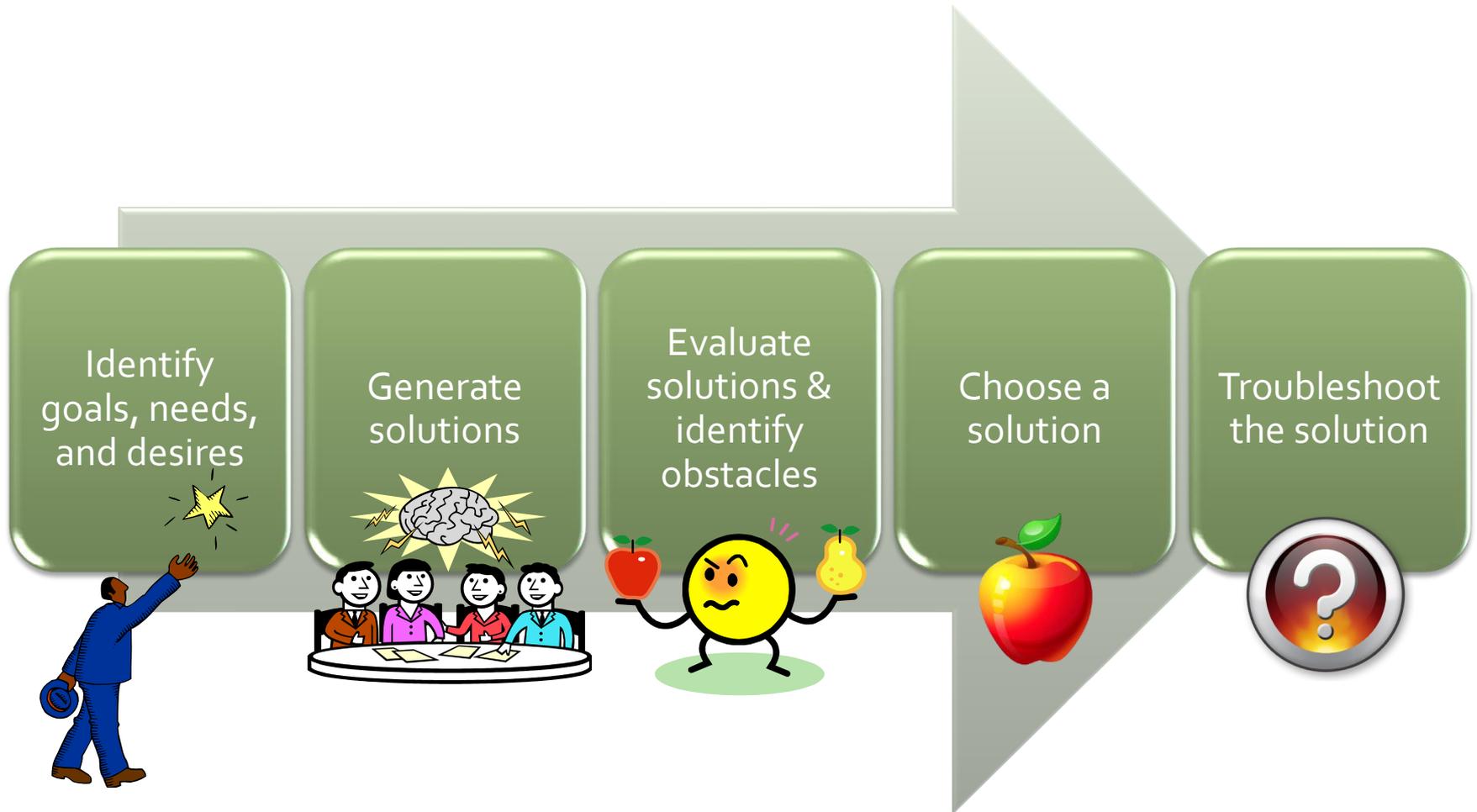
Change the Other Links





Let's Practice!

Chain analysis and insight aren't sufficient for behavior change; also need solution analysis.

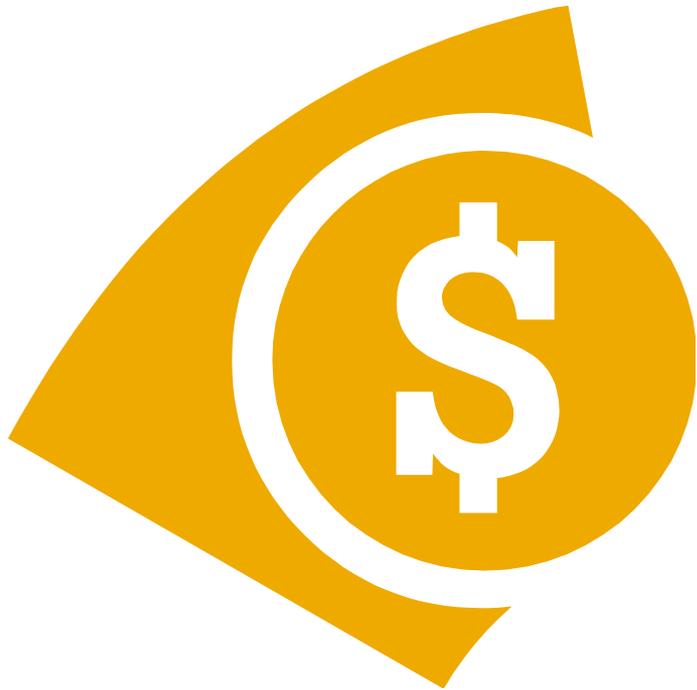


You can use multiple chains to look at common links and to create a case formulation.

Assessing Common Links in Chains

Chain 1	Chain 2	Chain 3
Problem Behavior	Problem Behavior	Problem Behavior
Vulnerability Factors	Vulnerability Factors	Vulnerability Factors
Prompting Event	Prompting Event	Prompting Event
Thoughts	Thoughts	Thoughts
Actions	Actions	Actions
Emotions	Emotions	Emotions

Choose the best “bang for the buck.” Model persistence and creativity.



- Do the most common links first
- Do the links closest to the problem behavior first
- Do the simple things first

How do I get started?

Orient to task

- Introduce task and rationale
- Rehearse what to do
- Commiserate about difficulty of the task

Offer support

- Be collaborative
- Ask questions
- Write out chain in session
- Fade out assistance over time

Pick a behavior

- Most recent
- Most severe
- One that is most easily remembered

The more detail and links in a chain, the more information you & the client have to work with.



Spokane, WA to Seattle, WA - Google Maps - Windows Internet Explorer

http://maps.google.com/maps?f=d&source=0_d&addr=SPOKANE+WA&addr=SEATTLE+WA&hl=en&geocode=5mra-ls&ll=47.66799,-122.301694&spn=0.01078,0.019248&... Google

File Edit View Favorites Tools Help

Show for all steps. [Text only](#) | [Maps](#) | [Street View](#) Include large map Print

Roll over the directions to customize each step.

Spokane, WA

1. Head north on S Division St toward E 2nd Ave go 371 ft
total 371 ft
2. Take the 1st left onto W 2nd Ave oo 0.1 mi

Done

Start | Internet | 100% | 11:10 PM

Remember, this can be hard!



Validate! This involves effort for the client, can be very shame-provoking, and may be counter to a pattern of active passivity.

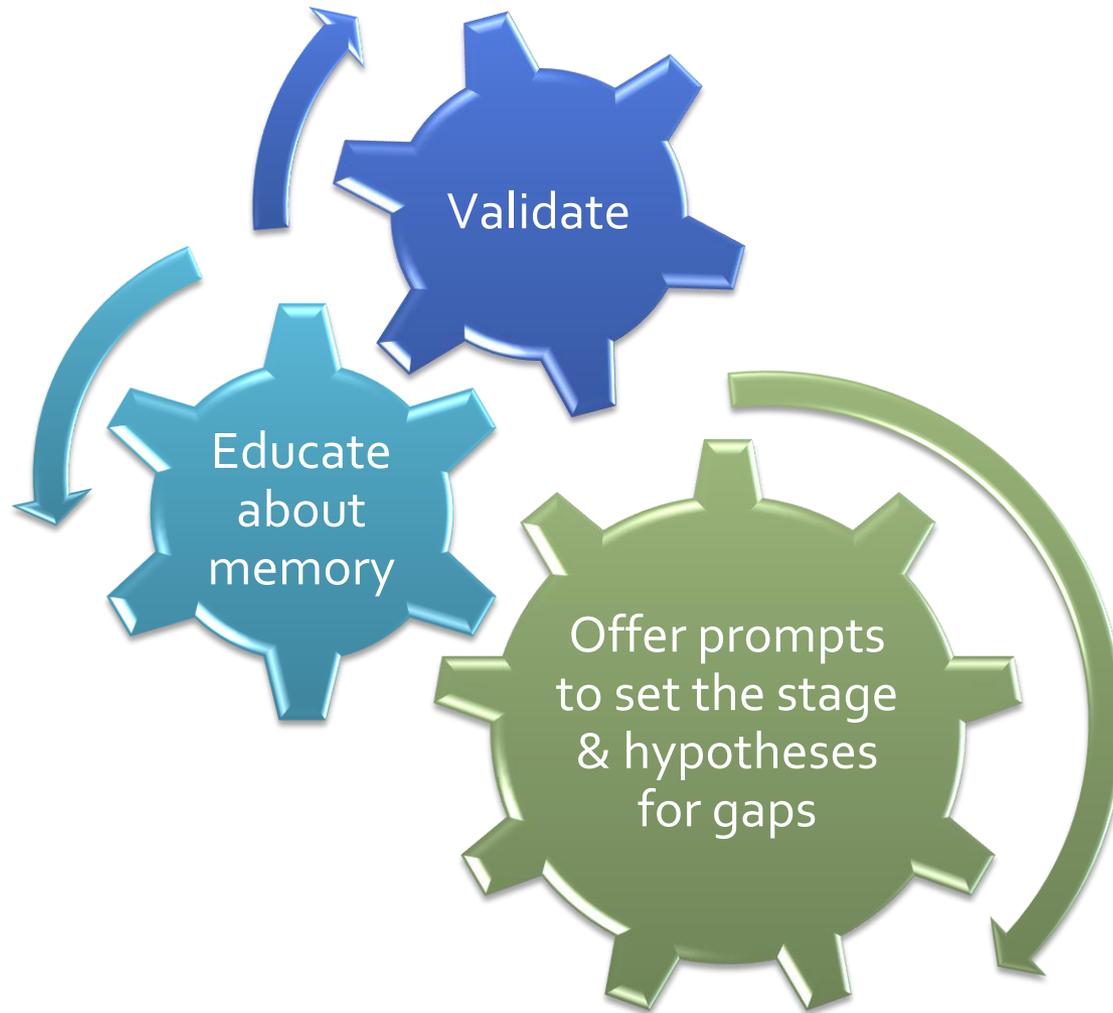


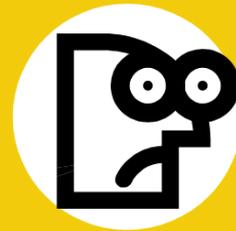
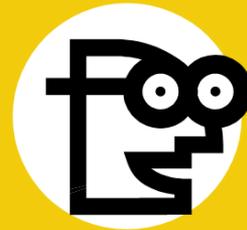
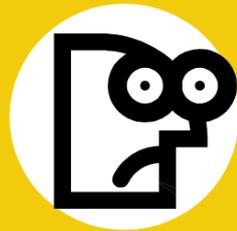
Stick with it! Therapists can get punished to abandon chain analysis – it is effortful and generally less reinforcing than other therapy tasks.



This can work with clients who don't remember well or who have a common response of "I don't know."

It is possible to help a client get the gears of memory moving again.





It's QUESTION TIME!!

It's QUESTION TIME!!

Resources

VA DBT SharePoint Site

- <https://vaww.portal.va.gov/sites/OMHS/dbt/default.aspx>



VA DBT Email Lists

- **National DBT Distribution List** – updates about DBT in general, in the VA, and to let you know when new materials are available on the VA DBT SharePoint site.
- **DBT Forum Alerts** – alert you that a question has been posted in one of the DBT Forums.
- To join either or both, email me at sara.landes@va.gov





PTSD Consultation Program
FOR PROVIDERS WHO TREAT VETERANS

(866) 948-7880 or PTSDconsult@va.gov



**Please enter your
questions in the Q&A box
and be sure to include your
email address.**

The lines are muted to avoid background noise.



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Employee Education System

VHA TRAIN

Welcome users of VHA TRAIN!

To obtain continuing education credit
please return to www.vha.train.org
after the lecture.





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CEU Process for users of VHA TRAIN (non-VA)

Registration—> Attendance —> Posttest —> Certificate



*Register in
TRAIN.*



*Listen to the
lecture and
download the
slides from the
“Files” pod.*



*Return to
TRAIN for
posttest and
evaluation.*



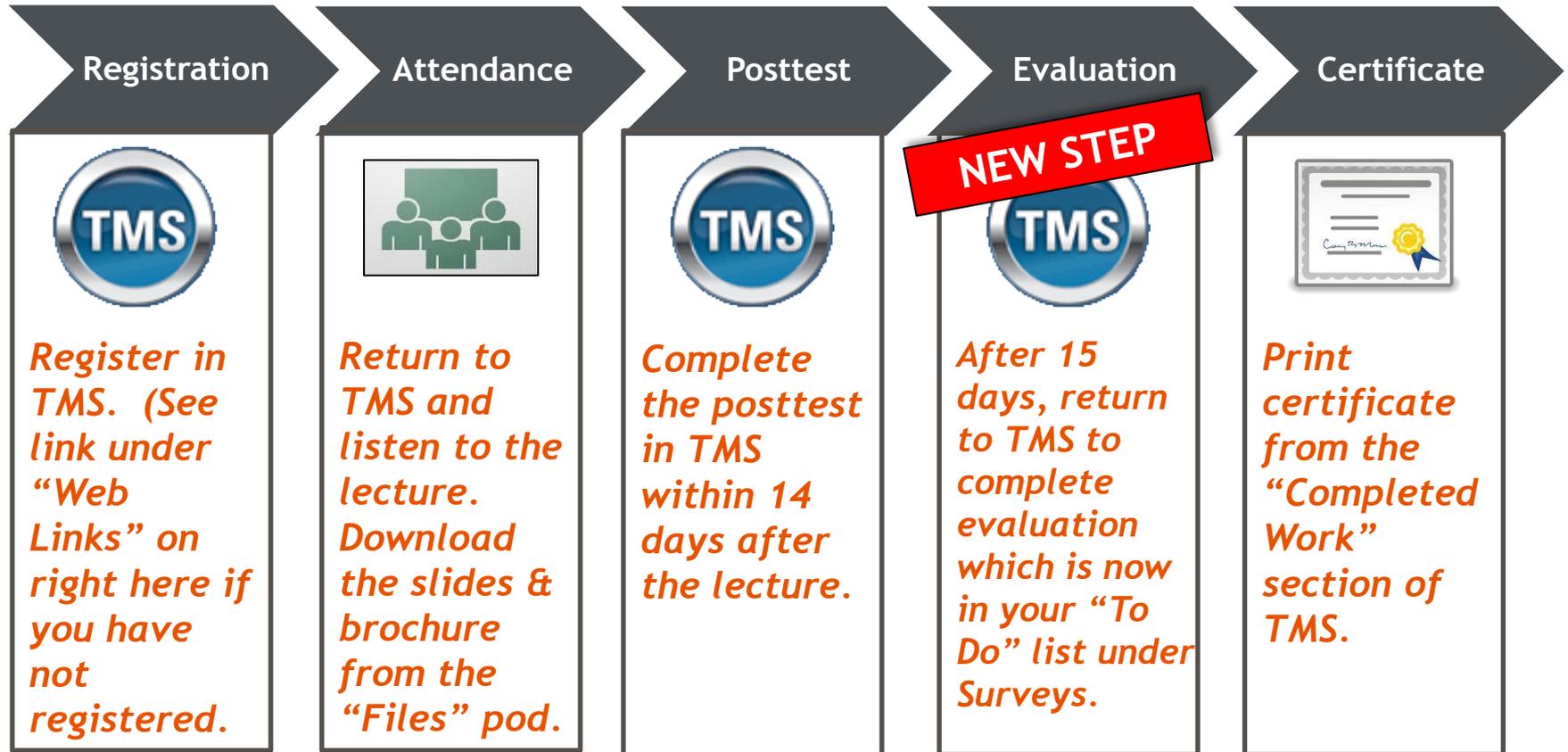
*Follow the
directions to
print
certificate.*



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CEU Process (for VA employees)





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www.ptsd.va.gov/consult



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UPCOMING TOPICS

SAVE THE DATE: Third Wednesday of the Month from 2-3PM (ET)

June 15 **Effective Pharmacotherapy for PTSD** **Matthew Jeffreys, MD**

July 20 **Evidence-Based Couple Therapy for PTSD** **Candice Monson, PhD**

August 17 **Shared Decision-Making for PTSD** **Juliette Harik, PhD**

September 21 **PTSD: From Neurobiology to Treatment** **John Krystal, MD**

October 19 **Treating Anger and Aggression in Populations with PTSD** **Leslie Morland, PhD**

