

# DMM Informed Basal Exposure Therapy

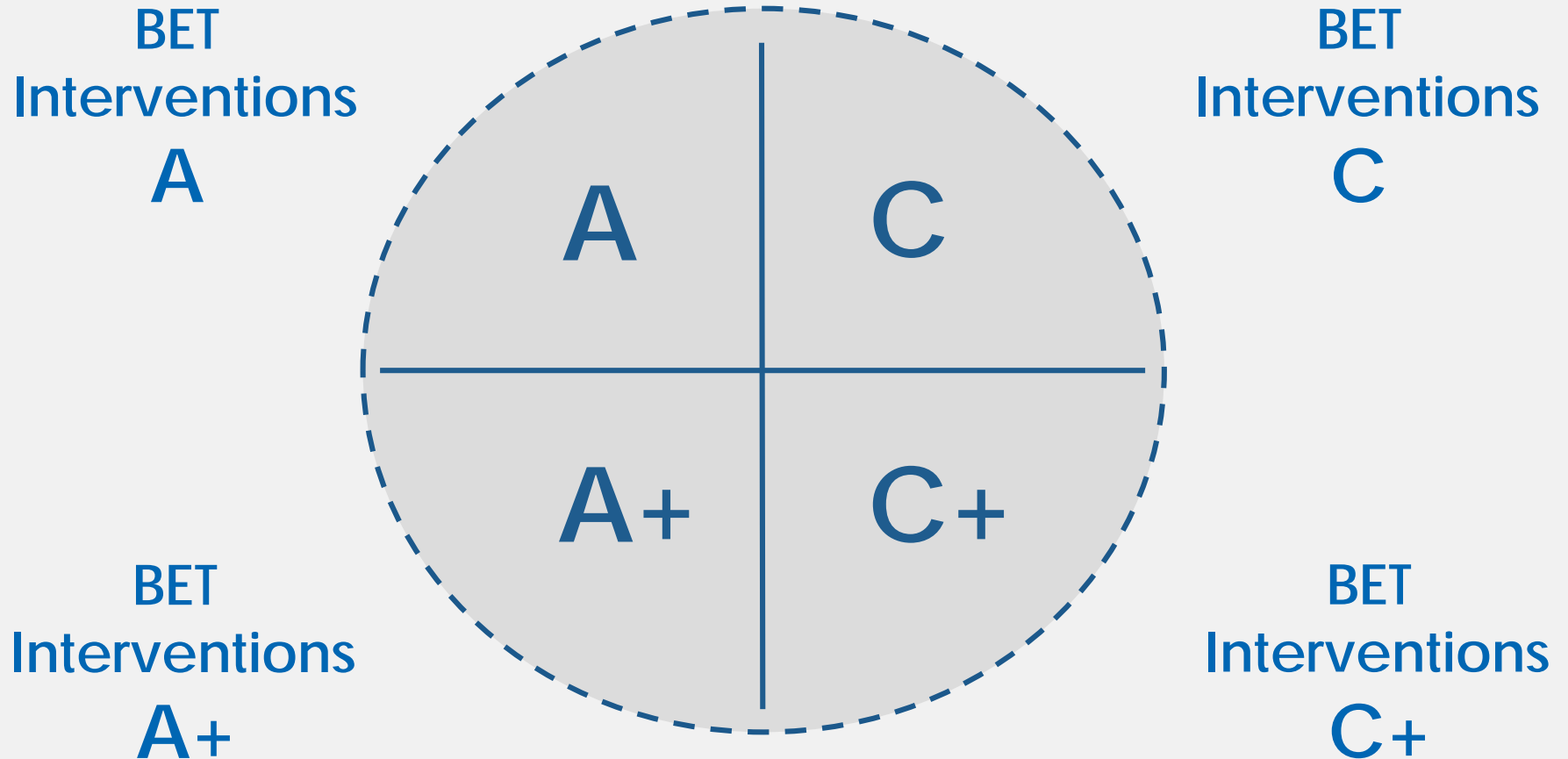
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# The BET-patients

- Severe and complex mental disorders
- Severe psychosocial dysfunction (GAF < 35)
- Self-harm and suicide attempts
- Polypharmacy
- Hospitalizations (frequent and/or long term)
- Ineffective cost-intensive treatment efforts
- Assumed to be treatment resistant
- *Experience an impending fear of dissolving, falling apart or getting stuck in eternal pain*

# DMM-informed BET interventions





# The BET-DMM evaluation procedure

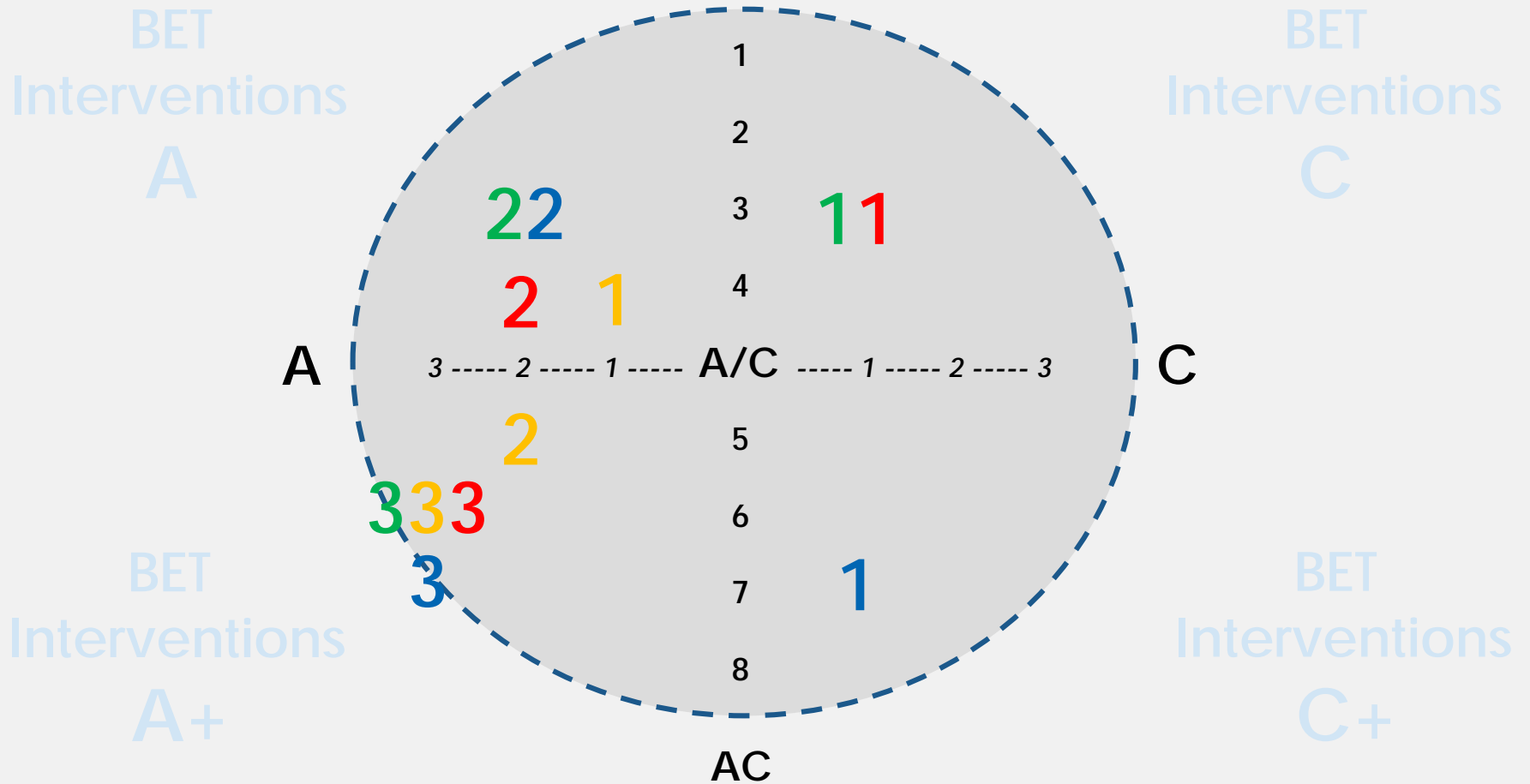
- 4 team members
- First, independent evaluation made by each team member
- Based on his/her own observations and interaction with the patient
  - 3 = most prominent strategy
  - 2 = second most prominent
  - 1 = rare, but have been observed



# BET-DMM Individual evaluation sheet: Kristoffer

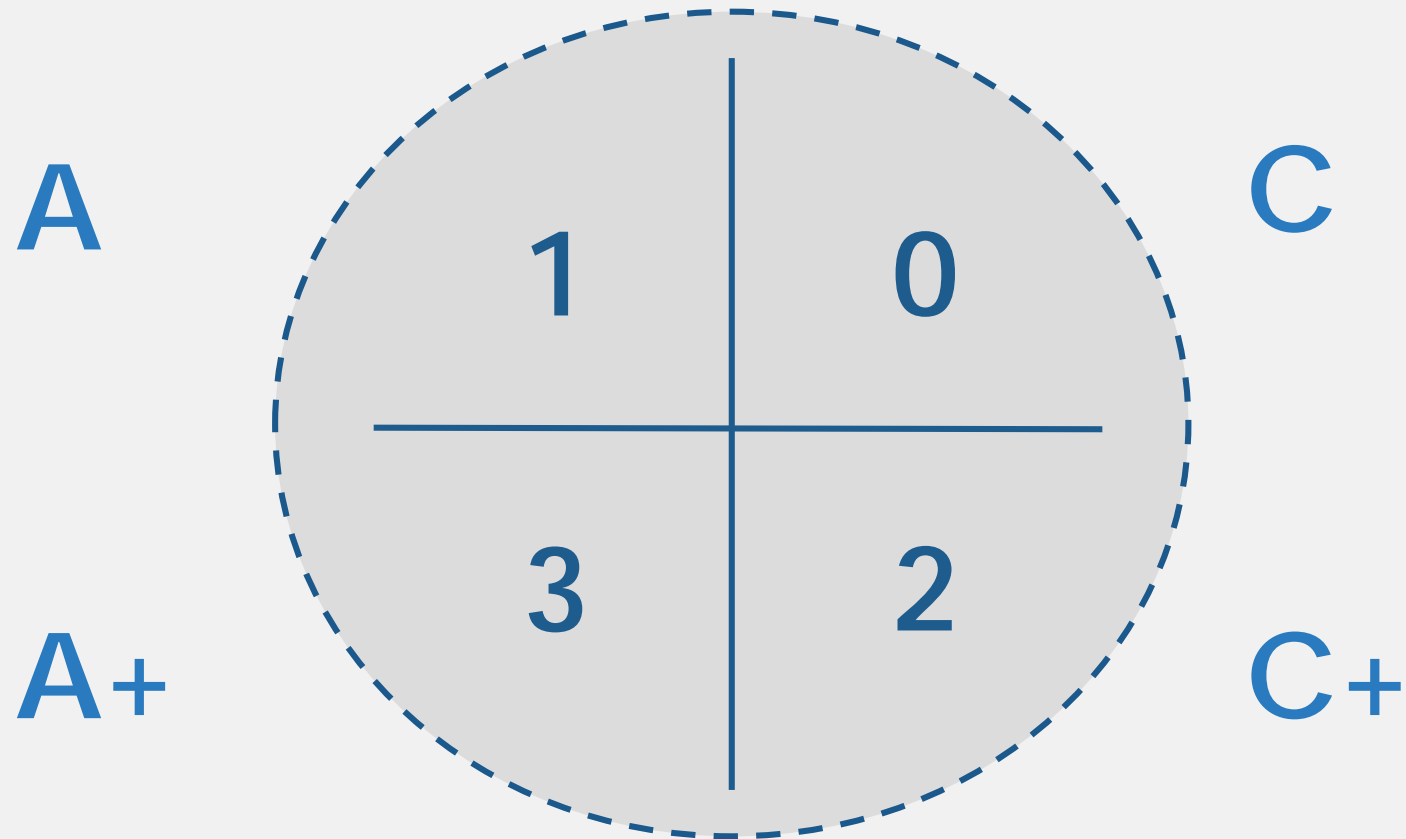
Mark 3 strategies you have observed A and/or C (incl. A/C or AC) Rank the strategies: 1 = most dominant, 2 = sometimes, 3 = is observed				
A1-2		Short description	Short description	C1-2
A3	2	Short description	Short description	1 C3
A4		Short description	Short description	C4
A/C		Short description		A/C
A5		Short description	Short description	C5
A6	3	Short description	Short description	C6
A7		Short description	Short description	C7-8
A8		Short description		
AC		Short description		AC

# BET-DMM Consensus evaluation, example



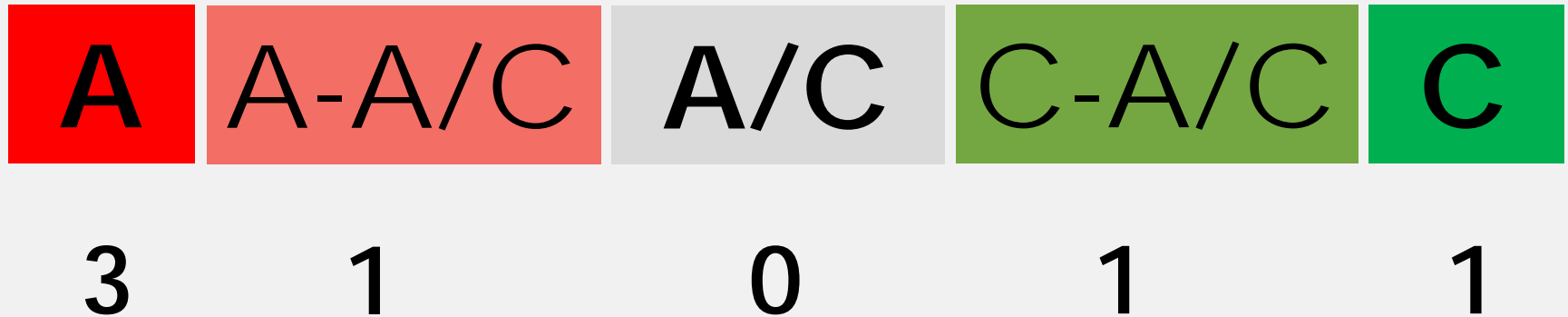


# DMM BET-Ward May 2018 – 6 patients





# BET-DMM: 5 major categories







# Links to BET-articles in English

- <https://tidsskriftet.no/en/2018/03/originalartikkel/drug-free-after-basal-exposure-therapy>
- <https://www.frontiersin.org/articles/10.3389/fpsy.2016.00198/full>



*Bertinoro, 2008*



*Cambridge, 2010*

To download program materials, click here  
<https://www.iasa-dmm.org/iasa-conference/>



*Frankfurt, 2012*



*Miami, 2015*