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Aligning Counselor Training Clinics with the DSM-5: Tips, Tools, and Challenges

Joel A. Lane

Portland State University, lanejoel@pdx.edu

Lisa Aasheim

Portland State University

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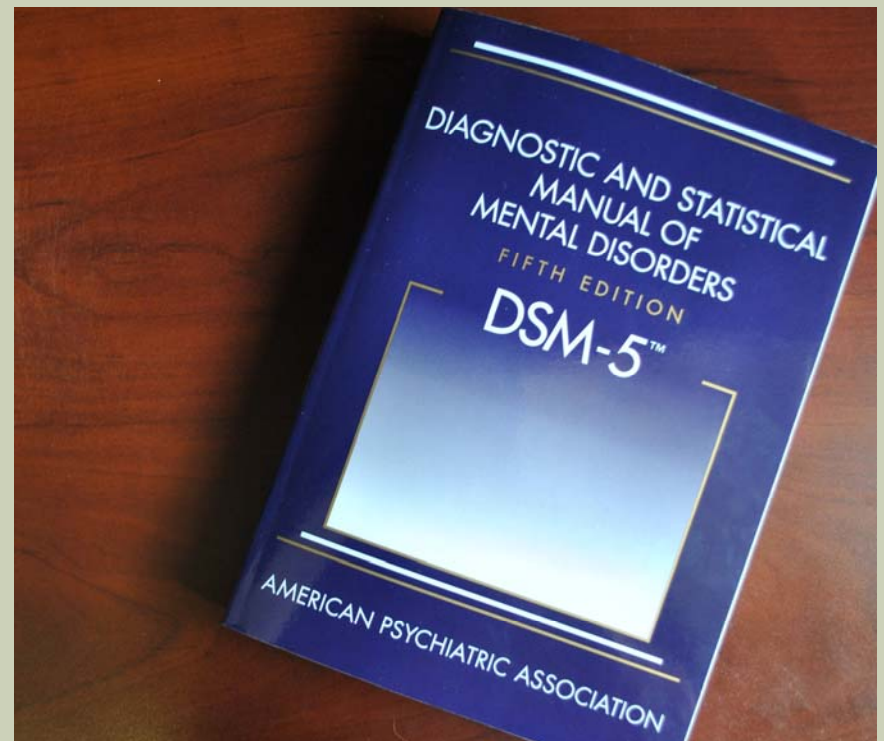
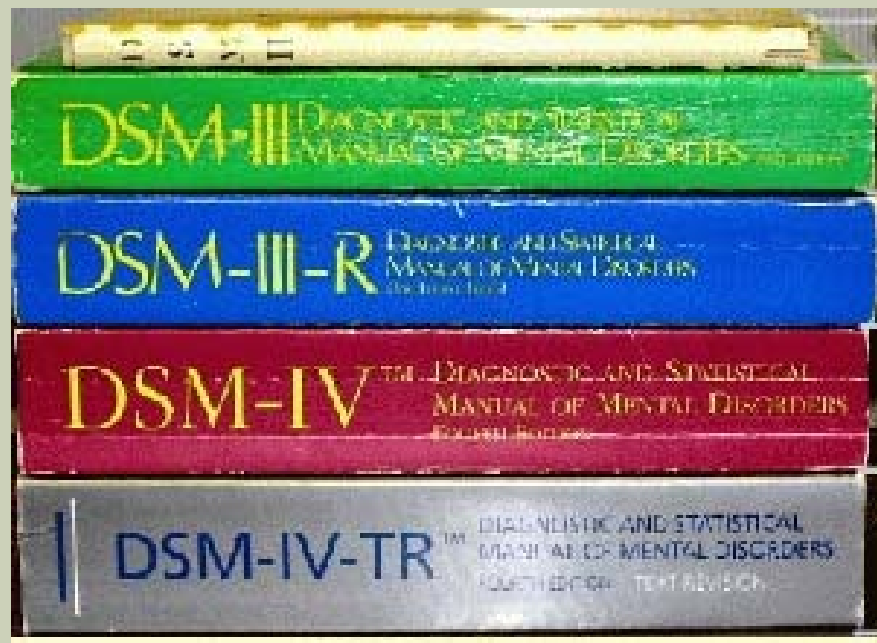
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**ALIGNING COUNSELOR
TRAINING CLINICS WITH
THE DSM-5: TIPS, TOOLS
AND CHALLENGES**

Joel A. Lane,
Ph.D.

Lisa Aasheim,
Ph.D.

Portland State
University



MULTIAXIAL DX

- Began with DSM-III (1974)
- Goal: Improve *reliability*
- Basic Tenets:
 - Clear lines of delineation
 - All-or-nothing dx
 - Shift from environmental to biological focus

DIMENSIONAL DX

- Began with DSM-5 (2013)
- Goals:
 - Improve *clinical utility*
 - Further improve reliability
- Basic Tenets:
 - Lines of delineation are not always clear
 - Spectrum of symptoms
 - Multiaxial dx resulted in *false hierarchy*

DIMENSIONAL DX CHANGES

- **Removal of 5 Axes**
 - Instead, Dx arranged by clinical utility
- **Expansion of 'V-Codes'**
 - (Replaces Axis IV)
- **Removal of GAF**
 - Instead, use symptom severity measure
 - WHODAS 2.0
 - Level I & Level II Cross-Cutting Symptom Measures

Client A:

Axis I:

- 309.28 Adjustment Disorder w/ Mixed Anxiety & Depressed Mood, Acute
- 313.82 Identity Problem

Axis II:

- V71.09 No Diagnosis on Axis II

Axis III:

- ICD-10 C25, Pancreatic Cancer

Axis IV:

- Occupational problems
- Economic problems

Axis V:

GAF: 55

Client B

Axis I:

-296.26 Major Depressive Disorder, Single Episode, in Full Remission

Axis II:

-301.83 Borderline Personality Disorder

Axis III:

-None

Axis IV:

-Problems with Primary Support Group

Axis V:

-GAF: 45

MAJOR CONTENT CHANGES

- **Autism Spectrum Disorder**
 - Combines Autistic Disorder & Asperger's Disorder
- **Substance Use Disorder**
 - Combines Substance Abuse & Substance Dependence
- **Reorganization of chapters**
- **Removal of grief exclusion for Major Depression**
- **Enhanced severity specifiers and descriptive specifiers**
- **Gambling Disorder**
- **Gender Dysphoria instead of Gender Identity Disorder**
- **Disruptive Mood Dysregulation Disorder**
 - Alternate to pediatric Bipolar Disorder
- **Premenstrual Dysphoric Disorder**

CHANGES *NOT* MADE

- **Personality Disorders**
- **Mixed Anxiety & Depressive Disorder**
- **Attenuated Psychosis**