

# Case Conceptualization Dbt

Case Conceptualization DBT: A Guide to Understanding and Applying Dialectical Behavior Therapy **case conceptualization dbt** is an essential step in effectively utilizing Dialectical Behavior Therapy (DBT) to help clients manage intense emotions, improve interpersonal relationships, and build a life worth living. Unlike traditional therapy approaches, DBT incorporates a structured yet flexible framework to understand the complex interplay of a client's emotions, behaviors, and environment. This process of case conceptualization is instrumental in tailoring interventions and ensuring that therapy is both goal-oriented and compassionate. If you're a therapist new to DBT or someone interested in how this therapeutic approach works, grasping the art of case conceptualization in DBT can transform the way you perceive emotional dysregulation and guide clients toward meaningful change.

## What is Case Conceptualization in DBT?

Case conceptualization in DBT is a methodical way of understanding a client's behavioral patterns, emotional responses, and the contextual factors that maintain their difficulties. It goes beyond merely diagnosing a disorder; it seeks to uncover the underlying functions of behaviors, the role of invalidating environments, and the client's strengths and vulnerabilities. Dialectical Behavior Therapy, developed by Marsha Linehan, is especially effective for individuals struggling with borderline personality disorder (BPD), self-harm, suicidal ideation, and other emotional regulation challenges. The case conceptualization process establishes a roadmap for treatment by identifying the target behaviors to address, the skills needed, and the stages of change the client is ready to embrace.

## The Importance of Functional Behavior Analysis

A core component of DBT case conceptualization is functional behavior analysis (FBA). This involves dissecting specific behaviors to understand their antecedents (what triggers them), the behavior itself, and the consequences that follow. By analyzing these components, therapists can discern why certain behaviors persist despite their negative outcomes. For example, a client's self-harming behavior may serve the function of emotional relief or a way to communicate distress when words fail. Recognizing the function helps therapists replace harmful behaviors with healthier coping strategies, a central goal of DBT.

## Key Elements in DBT Case Conceptualization

The richness of DBT case conceptualization lies in its multidimensional approach. Several critical elements must be considered to create an accurate and effective conceptualization.

### 1. Biosocial Theory Framework

DBT's theoretical foundation is the biosocial model, which posits that emotional dysregulation arises from the interaction between biological vulnerabilities and an invalidating environment. When constructing a case conceptualization, therapists evaluate:

- **Biological factors:** Genetic predispositions, temperament, and neurobiological sensitivities.
- **Social factors:** Family dynamics, cultural influences, and past experiences of invalidation or trauma.

This framework helps explain why some clients experience heightened emotional sensitivity and difficulty modulating intense feelings.

### 2. Target Hierarchy of Behaviors

DBT organizes treatment targets into a hierarchy to prioritize safety and effective change. The case conceptualization outlines these targets to guide therapy focus:

- **Life-threatening behaviors:** Suicidal ideation, self-injury.
- **Therapy-interfering behaviors:** Missing sessions, non-compliance.
- **Quality of life-interfering behaviors:** Substance use,

relationship conflicts. - **\*\*Skills acquisition:\*\*** Building new coping and emotional regulation skills. Understanding where the client's behaviors fit within this hierarchy informs the therapy's immediate and long-term goals.

### 3. Client's Strengths and Values

An often overlooked but crucial part of DBT case conceptualization is identifying the client's strengths, motivations, and personal values. These elements fuel engagement and resilience throughout the therapeutic process. Emphasizing what the client cares about creates a collaborative atmosphere and helps in setting meaningful goals.

## Steps to Develop an Effective DBT Case Conceptualization

Creating a DBT case conceptualization is a dynamic process that evolves as therapy progresses. However, therapists can follow a structured approach to get started:

1. **Gather Comprehensive Client History:** Understand the client's background, including family, trauma, and previous treatment experiences.
2. **Identify Problematic Behaviors:** Use functional behavior analysis to pinpoint behaviors that interfere with the client's well-being.
3. **Assess Emotional Vulnerabilities:** Explore biological sensitivities and emotional reactivity.
4. **Analyze Environmental Factors:** Look for patterns of invalidation and stressors in the client's social context.
5. **Prioritize Targets:** Establish the behavior hierarchy tailored to the client's needs.
6. **Incorporate Client's Goals and Strengths:** Integrate what motivates the client and their existing skills.
7. **Formulate Hypotheses:** Develop working hypotheses about how behaviors function and maintain problems.

This structured case conceptualization is revisited regularly, allowing therapists to adjust treatment plans based on client progress and emerging challenges.

## Practical Tips for Therapists Using DBT Case Conceptualization

Successfully applying case conceptualization in DBT therapy requires more than understanding theory—it involves skillful clinical practice.

### Maintain a Collaborative Stance

Engage clients in the conceptualization process. Invite them to share their perspective on their behaviors and challenges. This not only empowers clients but also provides richer data for accurate formulation.

### Use Visual Aids

Many therapists find it helpful to map out the biosocial model or behavior chains visually. Diagrams can clarify complex interactions and help clients understand their emotional and behavioral patterns.

### Be Flexible and Open to Revision

Case conceptualization is not static. As therapy unfolds, new information will emerge. Be prepared to refine your understanding and adjust treatment targets accordingly.

## **Integrate Skills Training with Conceptualization**

DBT is unique in combining skills training (mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness) with case conceptualization. Ensure that the conceptualization informs which skills are emphasized in therapy sessions.

## **How Case Conceptualization Enhances DBT Outcomes**

A well-crafted case conceptualization is the backbone of effective DBT. It enables therapists to: - **Target the root causes** of emotional dysregulation rather than just surface symptoms. - **Create individualized treatment plans** that resonate with the client's unique experiences. - **Enhance client engagement** by validating their struggles and highlighting their strengths. - **Monitor progress** by setting clear, measurable goals aligned with the client's values. This targeted and empathetic approach often leads to significant improvements in emotional balance, reduced self-destructive behaviors, and better relationships.

## **Challenges in Case Conceptualization and How to Overcome Them**

Despite its benefits, case conceptualization in DBT can present challenges.

### **Complexity of Client Presentations**

Clients with co-occurring disorders or layered trauma histories require nuanced conceptualizations. Therapists should pace the assessment, focusing on immediate safety first before delving into deeper issues.

### **Risk of Oversimplification**

Avoid reducing clients to a checklist of symptoms. Embrace the complexity and uniqueness of each case, ensuring that the conceptualization captures the lived experience.

### **Time Constraints**

Comprehensive conceptualization takes time, which can be limited in clinical settings. Using structured tools and templates can streamline the process without sacrificing quality.

### **Maintaining Therapist Objectivity**

Therapists may develop biases based on initial impressions. Regular supervision and consultation can help maintain clarity and prevent tunnel vision.

## **Integrating Technology and Tools in DBT Case Conceptualization**

Modern therapists have access to various digital tools that can enhance case conceptualization in DBT. Electronic health records with customizable templates allow for organized documentation of client information, behavior chains, and treatment progress. Additionally, apps that help clients track emotions and behaviors can provide real-time data, enriching the conceptualization process. Video recordings of sessions (with consent) allow therapists to review interactions and notice subtle patterns that may otherwise be missed. These technological advances support a more precise and responsive case formulation. Understanding and mastering case conceptualization in DBT is a transformative skill for therapists committed to delivering tailored, compassionate care. By deeply exploring the biosocial context, behavior functions, and client strengths,

therapists can empower individuals to navigate their emotional worlds with resilience and hope. Whether you're new to DBT or seeking to refine your practice, embracing the nuances of case conceptualization will undoubtedly enhance your therapeutic effectiveness.

**\*\*Case Conceptualization DBT: A Critical Framework for Effective Therapeutic Intervention\*\*** **case conceptualization dbt** is a fundamental process in Dialectical Behavior Therapy (DBT) that serves as both a roadmap and a diagnostic tool for clinicians. Rooted in a comprehensive understanding of a client's behavioral patterns, emotional regulation, and interpersonal dynamics, case conceptualization in DBT is essential for tailoring treatment plans that address individual needs while adhering to the therapy's core principles. This article explores the intricacies of case conceptualization within DBT, highlighting its significance, methodology, and application in clinical practice.

## The Role of Case Conceptualization in DBT

Dialectical Behavior Therapy, developed by Marsha Linehan in the late 1980s, is designed primarily to treat individuals with complex emotional and behavioral challenges, particularly borderline personality disorder (BPD). However, its application has expanded to cover a broad spectrum of mental health issues. A well-constructed case conceptualization is pivotal in DBT because it integrates theoretical constructs with empirical data gathered during client assessment, forming the basis for intervention strategies. Unlike traditional case conceptualizations that may emphasize symptom reduction alone, DBT's approach is dialectical and holistic. It balances acceptance and change, recognizing that clients often struggle with intense emotions and maladaptive behaviors rooted in both biological vulnerabilities and environmental factors. This nuanced understanding allows therapists to frame the client's difficulties within a biosocial model, which posits that emotional dysregulation arises from the interplay between inherent sensitivity and invalidating surroundings.

## Key Components of DBT Case Conceptualization

A thorough DBT case conceptualization typically incorporates multiple layers of analysis, focusing on the following elements:

1. **Behavioral Patterns:** Identifying problematic behaviors such as self-harm, suicidal ideation, or substance abuse, and understanding their functions and triggers.
2. **Emotional Dysregulation:** Assessing the client's ability to manage intense emotions and the frequency, intensity, and duration of emotional episodes.
3. **Interpersonal Functioning:** Exploring relational dynamics, attachment styles, and communication patterns that influence the client's social interactions.
4. **Biological Factors:** Considering genetic predispositions, neurobiological vulnerabilities, and physiological responses to stress.
5. **Environmental Influences:** Analyzing the impact of invalidating environments, trauma history, and current social supports or stressors.

The integration of these factors results in a personalized formulation that guides both therapist and client through a shared understanding of the challenges at hand.

## Methodological Approaches to Case Conceptualization in DBT

DBT case conceptualization is inherently collaborative, involving the client actively in the process to enhance motivation and insight. Several methodological tools assist in this endeavor:

### Behavior Chain Analysis

One of the hallmark techniques in DBT, behavior chain analysis, dissects problematic behaviors by tracing back through the sequence of events, thoughts, feelings, and vulnerabilities leading to the behavior. This granular approach helps identify "links" in the chain where intervention can disrupt maladaptive patterns. For example, a client's impulsive self-injury might be linked to feelings of abandonment, followed by cognitive distortions and escalating anxiety.

## Target Hierarchy Development

DBT therapists prioritize treatment targets during case conceptualization, creating a hierarchy that addresses life-threatening behaviors first, then therapy-interfering behaviors, quality-of-life-interfering behaviors, and finally skill acquisition. This structured prioritization ensures that the most critical issues receive attention promptly, optimizing therapeutic outcomes.

## Use of DBT Diary Cards

Diary cards are daily self-monitoring tools that clients complete to track emotions, urges, behaviors, and skill usage. When incorporated into case conceptualization, diary card data provide empirical insights into symptom patterns and progress over time, allowing therapists to refine treatment plans responsively.

## Advantages and Challenges of DBT Case Conceptualization

The strengths of DBT case conceptualization lie in its comprehensive, evidence-based framework that accommodates the complexity of clients with severe emotional dysregulation. By embracing dialectics, therapists maintain a balance between acceptance and change, fostering a validating therapeutic environment. Moreover, the structured nature of DBT conceptualization promotes consistency and replicability across different clinicians and settings. However, there are inherent challenges. The process can be time-intensive, requiring detailed assessment and frequent revisions as new information emerges. Therapists must possess specialized training to accurately formulate cases within the DBT framework, particularly in mastering behavioral chain analysis and dialectical thinking. Additionally, some clients may initially resist the level of self-reflection and active participation demanded by this approach.

## Comparisons with Other Therapeutic Conceptualizations

Contrasting DBT case conceptualization with traditional cognitive-behavioral therapy (CBT) conceptualizations reveals key differences. While CBT often focuses on identifying and modifying distorted cognitions as primary drivers of behavior, DBT expands this scope to include emotional vulnerabilities and environmental invalidation. Similarly, psychodynamic case formulations emphasize unconscious conflicts and developmental history, whereas DBT remains more behaviorally oriented yet equally attentive to validating clients' subjective experiences.

## Implementing Case Conceptualization DBT in Clinical Practice

The practical application of case conceptualization in DBT demands ongoing assessment and flexibility. Therapists typically revisit and revise conceptualizations throughout treatment, guided by client feedback and clinical observations. This iterative process ensures that interventions remain relevant and effective. Training programs and supervision play crucial roles in cultivating proficiency. Clinicians are encouraged to engage in peer consultation teams, a DBT hallmark, to discuss case conceptualizations and receive constructive input. This collaborative environment enhances fidelity to the model and supports therapist growth.

## Implications for Client Outcomes

Empirical research underscores the importance of accurate case conceptualization in predicting treatment success. Clients whose case formulations accurately capture the complexity of their difficulties often experience greater engagement, fewer dropouts, and more meaningful behavioral changes. Furthermore, the transparent sharing of conceptualizations with clients empowers them by fostering insight and collaborative goal setting. In summary, case conceptualization in DBT is a dynamic and indispensable component that bridges assessment and intervention. Its detailed, client-centered approach reflects the therapy's commitment to addressing the multifaceted nature of emotional and behavioral disorders. As DBT continues to evolve and expand, refining case conceptualization techniques remains a vital frontier for enhancing clinical efficacy and client well-being.

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improves focus, allowing students to manage multiple subjects more effectively.

Digital access supports diverse learning styles. Some readers prefer structured, linear reading, while others focus on specific sections or revisit content selectively. Digital formats accommodate both approaches. Readers can skim, search, annotate, or study deeply depending on their goals and preferences.

Accessibility features further expand the reach of digital books. Adjustable font sizes, screen reader compatibility, night modes, and text-to-speech functions help ensure that **Case Conceptualization Dbt** remains usable for readers with different needs. Inclusive design makes knowledge more equitable and widely available.

Environmental considerations add another perspective. Producing and transporting printed books requires significant resources. While digital technology has its own environmental footprint, distributing books electronically often reduces paper usage and physical transportation. Downloading **Case Conceptualization Dbt** contributes to a more efficient and sustainable model of information sharing.

Organization is another understated advantage of digital libraries. Files can be categorized, labeled, backed up, and retrieved instantly. Readers can build long-term collections without physical clutter. When information is organized effectively, it becomes easier to revisit ideas and build upon previous learning.

Global accessibility is one of the most powerful aspects of digital books. Readers from different countries and backgrounds can access the same material without delay. This shared access fosters dialogue, collaboration, and cultural exchange. Downloading **Case Conceptualization Dbt** connects individuals to a broader global learning community.

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Perhaps the most meaningful change lies in how digital access influences attitudes toward learning. When information is easy to obtain, curiosity feels encouraged rather than inconvenient. Readers are more willing to explore new topics, revisit familiar ideas, and continue learning over time.

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In conclusion, the ability to download **Case Conceptualization Dbt** reflects a broader transformation in how knowledge is shared and experienced. Digital access offers convenience, affordability, functionality, and ethical distribution, making learning more inclusive and practical. When used responsibly, **Case Conceptualization Dbt** becomes more than a digital book—it becomes a trusted resource for reflection, growth, and continuous intellectual development in an ever-changing world.

## Questions & Answers About case conceptualization dbt

| No | Question                                                              | Answer                                                                                                                                                                                                                                                              |
|----|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | What is case conceptualization in Dialectical Behavior Therapy (DBT)? | Case conceptualization in DBT is a systematic process used by therapists to understand a client's difficulties through the lens of DBT principles, identifying the functions of problematic behaviors and emotional patterns to guide effective treatment planning. |

|   |                                                                                       |                                                                                                                                                                                                                                                                                              |
|---|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | Why is case conceptualization important in DBT treatment?                             | Case conceptualization is important in DBT because it helps tailor the therapy to the individual's unique needs, ensuring that interventions target the underlying causes of emotional dysregulation and maladaptive behaviors rather than just symptoms.                                    |
| 3 | What are the key components of a DBT case conceptualization?                          | Key components include identifying the client's biosocial vulnerabilities, target behaviors, behavioral functions, emotional triggers, and skill deficits, as well as understanding how these factors interact within the DBT framework.                                                     |
| 4 | How does a biosocial theory inform DBT case conceptualization?                        | The biosocial theory posits that emotional dysregulation results from biological vulnerabilities combined with an invalidating environment, which informs the case conceptualization by highlighting areas for intervention, such as emotion regulation skills and environmental validation. |
| 5 | How can therapists use case conceptualization to prioritize treatment targets in DBT? | Therapists use case conceptualization to rank target behaviors based on severity, risk (e.g., suicidal behaviors), and impact on functioning, allowing them to focus on the most dangerous or impairing issues first in treatment.                                                           |
| 6 | Can case conceptualization in DBT be adapted for different populations?               | Yes, DBT case conceptualization is flexible and can be adapted for various populations, including adolescents, individuals with substance use disorders, or those with complex trauma, by considering specific contextual and developmental factors.                                         |
| 7 | What role does ongoing assessment play in DBT case conceptualization?                 | Ongoing assessment is critical as it allows therapists to update the case conceptualization based on the client's progress, emerging challenges, and changes in behavior, ensuring that treatment remains relevant and effective.                                                            |
| 8 | How does case conceptualization guide skill development in DBT?                       | By identifying specific deficits and maladaptive patterns in the case conceptualization, therapists can target the teaching of DBT skills such as mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness to address the client's unique needs.                 |

case formulation dbt, dialectical behavior therapy case study, dbt treatment planning, dbt therapy techniques, case conceptualization in psychotherapy, dbt skills application, borderline personality disorder dbt case, dbt session notes, dbt therapeutic strategies, dbt assessment tools

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## Practical Use

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The low entry barrier of Case Conceptualization Dbt eBooks allows learners to start new subjects without significant financial investment.

Case Conceptualization Dbt eBooks are suitable for beginners seeking foundational knowledge as well as advanced readers refining specific skills or deepening existing expertise.

Case Conceptualization Dbt eBooks support sustainable learning practices by reducing material waste.

Digital learning through Case Conceptualization Dbt eBooks aligns well with modern productivity systems and digital note-taking tools.

Navigation tools improve efficiency when reviewing specific topics.

Content remains relevant through updates.

Many learners prefer Case Conceptualization Dbt eBooks because they reduce physical storage requirements.

Structured chapters promote steady progress.

Methodical study improves mastery.

Case Conceptualization Dbt eBooks help bridge theoretical understanding and practical application.

These interactive features help learners transform passive reading into an engaged and intentional learning process.

The digital nature of Case Conceptualization Dbt eBooks makes distribution fast and efficient, enabling instant access to updated information without the delays associated with print publishing.

Case Conceptualization Dbt eBooks are often used in environments that value accuracy.

Beginners and advanced learners alike benefit from flexible content depth.

This integration enhances knowledge management and recall.

### **Why Case Conceptualization Dbt is important**

Case Conceptualization Dbt plays an important role in how information is created, distributed, and consumed in the digital era. By offering structured knowledge in a portable and reliable format, Case Conceptualization Dbt allows readers to access consistent content anytime and anywhere. Whether used for education, personal development, or professional reference, Case Conceptualization Dbt provides a practical solution for managing and preserving valuable information.

One of the main reasons Case Conceptualization Dbt is important is its ability to maintain consistent formatting across all devices. Unlike editable documents that may appear differently depending on software or operating systems, Case Conceptualization Dbt ensures that text, images, charts, and layouts remain intact. This reliability makes it suitable for academic materials, instructional guides, official documents, and professional reports where accuracy and clarity are essential.

In educational settings, Case Conceptualization Dbt serves as a dependable learning resource. Students and educators benefit from its structured layout, which supports focused reading and systematic study. For professionals, Case Conceptualization Dbt offers a convenient way to store reference materials, manuals, and documentation that can be accessed quickly when needed. The portability of digital formats further enhances productivity by eliminating the need to carry physical books or documents.

### **The value of Case Conceptualization Dbt for different users**

Case Conceptualization Dbt is versatile and adaptable to various audiences. For learners, it provides organized content that can be easily reviewed and annotated. For researchers, it serves as a stable medium for sharing findings and preserving citations. For businesses, Case Conceptualization Dbt is commonly used for reports, presentations, contracts, and training materials. This broad applicability highlights its importance as a universal information format.

Personal users also benefit from Case Conceptualization Dbt as a long-term reference tool. Digital storage allows individuals to build personal libraries that can be accessed across devices. Whether used for hobbies, self-improvement, or general knowledge, Case Conceptualization Dbt offers a structured and reliable reading experience.

## **Creating Case Conceptualization Dbt**

Creating Case Conceptualization Dbt is a straightforward process thanks to the wide range of tools available today. Common methods include using word processors such as Microsoft Word, Google Docs, or LibreOffice, which allow direct export to PDF format. This approach is ideal for creating documents with text, images, tables, and basic layouts.

Online converters provide an alternative option for users who need quick results without installing software. These tools can convert various file types into Case Conceptualization Dbt format with minimal effort. However, it is important to use reputable converters to avoid formatting issues or security risks.

PDF editors offer more advanced capabilities for users who require precise control over layout, design, and interactivity. These tools allow users to insert hyperlinks, bookmarks, images, and interactive elements. After creating Case Conceptualization Dbt, it is always recommended to review the final output carefully to ensure that formatting, spacing, and alignment are preserved correctly.

## **Editing and Notes**

One of the most valuable features of Case Conceptualization Dbt is the ability to add notes and annotations without altering the original content. Most modern PDF readers support highlighting, underlining, commenting, and bookmarking. These tools are particularly useful for study, research, and collaborative work.

Students can highlight key concepts, add personal notes, and organize bookmarks for quick revision. Researchers can annotate references and mark important sections for future review. In professional environments, teams can share annotated Case Conceptualization Dbt files to provide feedback and suggestions while preserving document integrity.

Advanced PDF editors also allow users to edit text and images directly when necessary. While this should be done carefully to avoid altering the original meaning, it can be helpful for updating information, correcting errors, or customizing content for specific audiences.

## **Collaboration and productivity**

Case Conceptualization Dbt supports collaboration by enabling multiple users to review and comment on the same document. Shared annotations, tracked comments, and version control features make it easier to work together on projects, reports, or learning materials. This collaborative potential increases efficiency and reduces misunderstandings caused by inconsistent document versions.

Integration with cloud-based platforms further enhances productivity. Cloud storage allows users to access Case Conceptualization Dbt from different locations and devices, ensuring continuity and flexibility. Automatic synchronization ensures that updates and annotations remain consistent across all access points.

## **Sharing and Storage**

Secure storage and responsible sharing are essential aspects of using Case Conceptualization Dbt. Cloud storage services such as Google Drive, Dropbox, and OneDrive provide convenient and secure ways to store digital documents. These platforms often include backup features, access controls, and sharing permissions that help protect sensitive information.

When sharing Case Conceptualization Dbt with others, it is important to respect copyright and licensing terms. Free or open-access versions can be shared legally, while paid or copyrighted content should only be distributed according to the publisher's guidelines. Many platforms allow users to generate secure links or restrict access to authorized recipients.

Local storage on devices such as laptops, tablets, or external drives also plays a role in document management. Organizing files into clearly labeled folders and maintaining regular backups helps prevent data loss and ensures long-term accessibility.

## **Long-term preservation**

Another reason Case Conceptualization Dbt is important is its suitability for long-term preservation. PDFs are widely used for archiving because of their stability and compatibility. Academic institutions, libraries, and organizations rely on PDF formats

to preserve documents for future reference. Properly stored Case Conceptualization Dbt files can remain accessible and readable for many years.

### **Final thoughts on Case Conceptualization Dbt**

In summary, Case Conceptualization Dbt is an essential tool for managing and sharing structured knowledge in the modern digital world. Its consistent formatting, portability, and versatility make it suitable for education, professional use, and personal reference. By understanding how to create, edit, annotate, store, and share Case Conceptualization Dbt responsibly, users can maximize its value and ensure a reliable and efficient information experience across all devices.