

Putting DBT* Into (Your) Practice: A Taster Session

***(Dialectical Behaviour Therapy)**

A theoretical and practical one day course for those wanting to know more about DBT and how to incorporate it into their practice. The day combines an overview of DBT principles with case discussion and practical demonstration of treatment techniques.

What is DBT, who can use it and who is it for?

- DBT is a treatment package that was developed for BPD (Borderline Personality Disorder), and has been adapted for many other problems including substance misuse, suicidal teenagers, eating disorders and treatment resistant depression.
- DBT techniques can also be incorporated into your style of practice. Each technique is a powerful therapeutic tool.
- If you are not a therapist but come into contact with people with personality problems the day will give you new ways of working.

The day will cover:

An outline of DBT

- What is DBT?
- What does DBT have to do with Zen?
- How effective is DBT?
- The theoretical principles of DBT
- The stages and structure of DBT

Engaging Clients in Treatment

Especially useful for clients who are ambivalent towards change, DBT offers strategies to increase commitment to the therapeutic process, prevent drop outs, and maximise collaboration and effectiveness.

Building Acceptance, Alliance and Trust

How to start with a therapist stance of acceptance. How to guide clients towards accepting themselves and their problems.

- Mindfulness: living non-judgmentally in the present with your problems
- Validation: your behaviour makes sense in its context
- Dialectical approaches: we are all perfect and we all need to change

Participants will experience taster sessions of how to use mindfulness, validation and dialectical strategies to build acceptance, alliance and trust.

Focusing on Change with DBT

DBT targets specific behaviours that need to change, helping therapists and clients to prioritise problems and focus their sessions.

- Making a treatment hierarchy, prioritising problems
- Structuring a DBT session
- Behaviour analysis, what is the target behaviour?
- Problem solving, finding solutions

Teaching clients skills

- Teaching skills in groups
- Coaching skills in one to one work
- Coaching therapists during supervision
- Coaching clients in crisis: risk management

Participants will have the chance to observe a role play of a typical DBT skills group.

Getting unstuck

DBT offers a special selection of strategies to help get through 'stuckness' in relationships including the therapist-client relationship.

- Lemons and lemonade
- Metaphors
- What is the sound of one hand clapping?

Participants are encouraged to bring their own cases or even their own bad habits to use as material to demonstrate the DBT approach and will leave with a plan to apply skills in their own practice.

The Trainer



Dr Fiona Kennedy, Consultant Clinical Psychologist

Fiona developed specialist NHS based DBT services for people with borderline personality disorder who self harm, often with co-morbid eating disorders and substance misuse problems. For this she received an award from BUPA and the DBT service was quoted in the NAO (National Audit Office) paper "Safer Patient Services" 2005, presented to Parliament in the UK. She went on to develop training programs for practitioners and others based on Marsha Linehan's work. She has delivered DBT training nationally and internationally for the past twelve years. She enjoys training and has a dynamic, interactive style.