

“The Real Life Adaptation of DBT: Make It Work Effectively for Your Client”

PROGRAM DESCRIPTION

OBJECTIVES

- Validate client emotional wounds without reinforcing them.
- Adapt DBT for the clinical need of the client.
- Utilize DBT in individual psychotherapy.
- Practice DBT with most major mental health disorders.
- Develop strategies to overcome resistance and enhance engagement.
- Implement DBT strategies without adherence to a manual (although using the manual!)

Learn how to:

- Validate even the most self-defeating beliefs and feelings
- Implement strategies for inertia and resistance in the face of overwhelming emotions
- Balance acceptance with change
- Encourage clients' strengths
- Deal with transference issues as opportunities for change
- Prevent “therapeutic drift”
- Generalize therapeutic gains by keeping behaviourally focused
- Shift strategies for both the client and therapist

OUTLINE

DBT Theory in Action

- Foundations of DBT
- Emotional sensitivity as the “core” issue
- Emotional sensitivity is the result of kindling effects and neurochemistry, not always Axis II disorders
- Treatment targets for DBT
- Therapist strategies to deploy DBT

Application of DBT

- Evidence-Based Practice and DBT
- Emotional Regulation
- Mindfulness
- Acceptance and Change
- Coping Skills to replace escape and avoidance
- Treatment, Client and Therapist Dialectics
- DBT Relationship and Change Strategies

Moving Beyond Borderline

Using DBT with Other Diagnoses:

- Mood Disorders
- Anxiety Disorders
- Eating Disorders
- Substance abuse
- OCD
- Impulse Control
- Complex Co-morbidity

Practice of DBT in Individual Psychotherapy and Other Settings

- Adapting of DBT to match clinical need
- Levels of care
- When to refer
- Assessing and insuring safety