

Dialectical
Behaviour
Therapy
Training



British Isles
DBT TRAINING



In partnership with Behavioral Tech LLC (www.behavioraltech.org), our team is at the forefront of establishing international certification criteria for DBT therapists, based on rating tapes using the adherence scale developed in Marsha Linehan's lab at the University of Washington, Seattle.

We retain close links with Behavioral Tech LLC and the Linehan Institute in Seattle and European partners in Germany, Norway, Holland, Sweden, Switzerland, Spain and Italy to keep you abreast of all the latest developments in the international DBT community.

Our Postgraduate training programme, taught in conjunction with the School of Psychology Bangor, is overseen by Dr Michaela Swales.



British Isles DBT Training is the sole licensed provider of training in Dialectical Behaviour Therapy (DBT) in Britain and Ireland. DBT is an innovative and unique treatment model for Borderline Personality Disorder (BPD).

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Dialectical Behaviour Therapy

(DBT)

DBT is an innovative and unique treatment model for Borderline Personality Disorder (BPD), developed by Professor Marsha Linehan at University of Washington, Seattle.

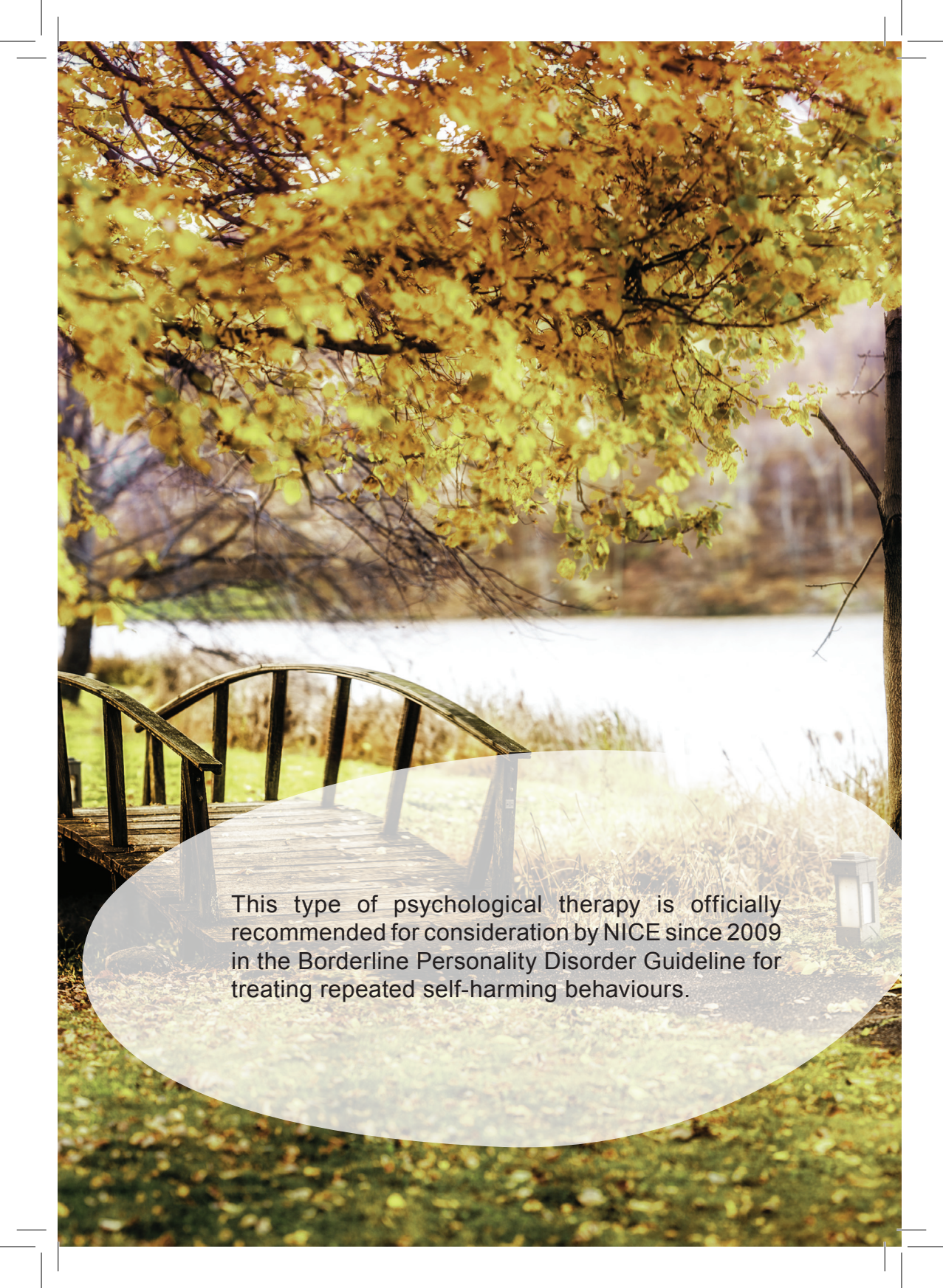
Its popularity has grown rapidly in the USA and increasingly in Europe, chiefly due to its success in effectively treating client groups whose emotional problems are particularly difficult to manage within a therapeutic relationship or an institutional setting.

Features of DBT

- Treats patients with a history of chronic suicidal behaviour.
- Is a unique, team-based Cognitive Behavioural Therapy.
- Enhances the morale and effectiveness of the therapist.
- Can be adapted for specialties such as Eating Disorders, Adolescents and Substance Misuse amongst others.
- Is recommended for treating women with BPD for whom reducing recurrent self-harm is a priority (NICE, 2009).
- Is cited as an evidence-based intervention in A Vision for Change (Government of Ireland 2006, pp162-3).

Standard comprehensive DBT comprises 4 components:

- Individual therapy
(approximately 60 minutes/week)
- Group educational skills training
(approximately 120 minutes/ week)
- Team meeting
(approximately 90 minutes/week)
- Unscheduled telephone calls
(average duration approximately 10 minutes)



This type of psychological therapy is officially recommended for consideration by NICE since 2009 in the Borderline Personality Disorder Guideline for treating repeated self-harming behaviours.

British Isles DBT Training Products

These workshops are open level and suitable to anyone interested in their content. They provide an overview of the treatment for continued professional development (CPD).

DBT Taster Workshop

What is DBT? This one day workshop aims to give participants an overview of the structure of the treatment, along with demonstrations of some of the techniques used in its implementation.

DBT Introductory Workshop

This two-day workshop is an introduction to DBT and is intended for mental health professionals who wish to acquaint themselves with the treatment or who are considering further training in DBT.

The training introduces change-based approaches (behaviour therapy) with acceptance-based principles (validation), along with dialectical strategies that provide the balance of acceptance and change.

It also highlights the frame of DBT and defines the modes & functions of comprehensive DBT.

DBT Problem-solving Workshop

At the heart of the change strategies in DBT is problem-solving. Skilled DBT therapists succinctly analyse target behaviours, identifying controlling variables and developing comprehensive solution analyses that move clients' towards more functional behaviours.

This workshop, developed by Drs Heard & Swales and closely linked to their new book soon to be published by Guilford Press, focuses on identifying and solving the most common problems therapists encounter both in accurately conceptualising and practically conducting comprehensive and effective behavioural and solution analyses in DBT.

The workshop will be taught by Heidi and Michaela who were joint recipients in 2009 of the Cindy Sanderson Outstanding Educator Award presented to them by the International Society for the Improvement and Teaching of DBT. Both Heidi and Michaela are known for their capacity to communicate concepts clearly in their teaching and engaging delegates actively in the learning process.

Skills Essentials in DBT Workshop

This two-day workshop covers the fundamentals of DBT Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.

Participants learn how to set up a group, the group goals and guidelines, how to teach skills, be a co-leader, identify and solve common problems in skills groups, make skills lectures come alive, give meaningful homework assignments, and review homework assignments in a way that promotes active engagement with different client populations and settings.

This course is designed for all mental health professionals who want to learn to teach or improve their teaching of DBT skills to clients.

Suicide: DBT Protocol for Assessing and Managing Risk

With suicide a leading cause of death in the UK (ONS, 2009), the responsibility for careful assessment can be a source of extraordinary stress to clinicians.

Recent studies on suicidal individuals indicate that the DBT® protocol for assessing and managing suicidal behaviours is a critical component in effective treatment.

This training teaches how to recognise risk of suicide, use specific strategies for management of high risk situations and care for clinicians' own distress & well-being while working collaboratively with clients to build a life worth living.

The training is not specific to DBT, but a background in behaviour therapy is recommended.

British Isles DBT Training Products Cont...

Introduction to Radically Open - Dialectical Behaviour Therapy (RO-DBT) Targeting Disorders of Overcontrol

British Isles DBT Training is proud to partner with the internationally acclaimed Professor Thomas Lynch to bring training on RO-DBT.

Self-control - inhibiting acting on urges, impulses, and desires - is highly valued in most societies, and failures in self-control characterise many of the personal and social problems afflicting modern civilisation. However, too much self-control can be equally problematic.

Overcontrol (OC) has been linked to social isolation, poor interpersonal functioning, hyper-perfectionism, rigidity, risk aversion, lack of emotional expression, and the development of severe and difficult-to-treat mental health problems.

The aim of this workshop is to introduce clinicians to the theoretical foundations and new skills underlying a new adaptation of DBT for disorders of overcontrol – referred to as Radically Open-Dialectical Behaviour Therapy.

While resting on many of the core principles of standard DBT, the therapeutic strategies in RO-DBT are oftentimes fundamentally different. For example, RO-DBT contends emotional loneliness as the core problem for OC - not emotion dysregulation as in standard DBT. The biosocial theory of OC posits that heightened threat sensitivity and diminished reward sensitivity transact with early family experiences emphasising “mistakes as intolerable” and “self-control as imperative” to result in an overcontrolled coping style that limits opportunities to learn new skills and exploit positive social reinforcers.

DBT: Treating Clients with Borderline Personality Disorder and Substance Use Disorders

This two-day workshop covers the modifications made when applying DBT to clients with Borderline Personality Disorder and substance use disorders.

Participants specifically learn how DBT, when applied to populations with comorbid disorders, differs from standard DBT for BPD clients in the way that DBT is targeted, how behavioural skills are taught in skills training group, how to engage clients in therapy at the beginning of treatment, strategies for not losing clients during treatment, and how therapists are supported when clients are in danger of dropping out of therapy.

DBT on the ‘Front Lines’ Workshop

Many clients spend more time with support staff than they do with their clinically registered and trained DBT or non-DBT therapists.

This training is designed for all clinical front-line support staff in a wide range of treatment contexts.

Participants will learn the basic principles of DBT, and how to structure contact with clients around DBT assumptions, agreements, and targets.

The role of front-line staff members in DBT programmes will be clarified, especially the relationship with the DBT team and the individual therapist.

DBT with Adolescents: Helping Emotionally Dysregulated and Suicidal Teenagers

Mental health professionals working with suicidal adolescents with multiple problems are often stymied by complex clinical presentations and challenges that arise during treatment. Learn how to apply comprehensive DBT to an adolescent population to engage and retain clients.

This training covers how to convey the biosocial theory of DBT to adolescents and families, describe dialectical dilemmas relevant to adolescents and families, and structure and run multi-family skills training groups.

Participants will advance their ability in specific principles and strategies relevant to skills training and coaching with adolescents and families, individual therapy, family sessions, and managing communication and coaching outside of session. Specific attention will be paid to teaching adolescents and families the skills of dialectics, validation, and behaviour change (the "Middle Path").

Treating PTSD in DBT with High Risk Clients

Approximately 50 percent of individuals with Borderline Personality Disorder (BPD) have post-traumatic stress disorder (PTSD), and this co-morbid diagnosis increases suicide risk and general impairment in this client population.

Learn one of the newest developments in DBT research and practice - how to effectively and safely integrate PTSD treatment into DBT for high risk BPD clients. Learn how to use DBT to prepare high-risk BPD clients for PTSD treatment, determine when clients are ready to begin PTSD treatment, and address common difficulties encountered during PTSD treatment with this complex client population.

This two-day training is a highly practical, applied workshop that provides participants with a thorough working knowledge of the structure and procedures of the DBT Prolonged Exposure protocol for PTSD.

This training is intended for clinicians who are already familiar with DBT and exposure-based treatments.



Establishing an effective DBT Programme

DBT programmes provide multiple treatment modalities that address the key skills and motivational deficits presented by clients with a diagnosis of BPD.

DBT Programmes provide skills training for clients, often in a group format; individual DBT psychotherapy, to help clients identify and solve problems in changing their behaviours; and treatment modalities to support generalisation of the new skills beyond the treatment environment, most commonly by telephone coaching.

In addition, DBT Programmes enhance the skills of therapists on the team and maintain their motivation to treat effectively by providing a mandatory weekly consultation team meeting where therapists receive supervision and consultation on their clinical work.

Therefore each member of the DBT Programme will need to have dedicated time of at least 1 1/2 days a week to the DBT Programme.

Our DBT Intensive® training format is the basis for the world's first academic qualification in DBT: the Postgraduate Certificate in DBT validated by the University of Bangor.



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Dialectical Behaviour Therapy Intensive Training

This training is intended for teams that are invested in learning DBT to a high standard in order to implement adherent treatment programmes in their settings.

As DBT is a treatment that requires an ongoing consultation team, the Intensive Training is designed for treatment teams, not individual practitioners intending to practice alone.

A DBT team (minimum of 4, maximum of 10) is a group of mental health professionals who meet at least weekly to assist each other in applying DBT in their practice setting.

Training is conducted in two five-day sessions of instruction divided by six to nine months of home study and requires a high level of dedication so we ask teams to discuss their level of commitment prior to applying.

At Part I DBT theory and strategies are taught in-depth. Between sessions, participants consolidate and apply what they have learned with the help of treatment practice assignments and a take-home exam.

Teams are expected to design and begin to implement their own DBT programmes or integrate DBT into an ongoing treatment setting before Part II of the training.

At Part II, each team presents their work and receives expert consultation on specific cases and on their programme, including protocols for specific treatment problems and adaptations of DBT.

Extending & developing your existing DBT Programme

Now that you have trained staff to implement a DBT Programme, there are several options available to you to ensure the growth and development of the team.

Dialectical Behaviour Therapy Foundational Training

5 day Foundational training is designed specifically for an individual or a small group of therapists (maximum of 4) who are members of an Intensively Trained DBT Team, but who have not been intensively trained themselves. It is not a substitute for Intensive Training but is meant to assist teams that have employed new staff or experienced staff turnover.

The training will cover the standard content of DBT (equivalent to Part I of the 10 day Intensive Training). It will also assume that all participants work in an active DBT Programme, participate in a consultation team, and work within a comprehensively trained team.

Consultation

We can arrange for a Trainer to come to you for the day and address any problems that you may be experiencing in your implementation of DBT.

Supervision

We can also arrange for Supervision to be provided by members of the British Isles DBT Training Team.

Dialectical Behaviour Therapy Masterclass

The DBT Masterclass provides an opportunity for Intensively trained DBT practitioners either alone or in teams to receive consultation about both their programmes and their clinical work.

The Masterclass is a small group context where practitioners receive personalised consultation for the challenges they are experiencing in delivering the treatment in their own healthcare context. Drs Heard and Swales, two internationally renowned experts in DBT, will run the consultation based on the problems that participants submit in advance.

Previous participants have found attending helpful in clarifying key aspects of case conceptualisation, in refining individual therapy skills & in solving problems of programme implementation.

Post Graduate Certificate in DBT

The PG Cert in DBT is designed to help practitioners either currently learning DBT on an Intensive Training course or who have previously completed the Intensive Training to develop both their theoretical grasp of the treatment and to advance their clinical application of the treatment at both the level of their programme and the individual clinical case.

The course is delivered via distance learning through Bangor University, all the teaching element is covered by full attendance at the 10 days of the Intensive Training.

DBT Training for your Organisation

If you are interested in establishing DBT as a Trust wide development or have several settings in your company that you would like to train, then we are able to bring the training to you.

Any of the DBT Workshops mentioned on pages 5-8 in this booklet can be delivered directly into your organisation. There is a set fee for the training (for numbers up to 40 delegates) and you will need to provide a suitable training venue that meets our venue requirements.


We understand that the implementation of a DBT programme has a large initial financial outlay and so we want to ensure that the training results in the most successful outcome. This is achieved by identifying the correct staff to attend the training, orientating them all to the time required to provide a DBT Programme and that the trust provide sufficient support to the Programmes.

The Systemic Package has been created for this very purpose, it provides the full 10 days of Intensive Training for up to 70 delegates (8 teams). It also includes a pre-Intensive consultation day with one of our trainers to discuss the most efficient way of setting up the teams and identifying the right staff to attend. And between parts I and II there is a monthly telephone consultation provided to help keep the teams on track. Again there is a set fee for the training and you will just need to provide a suitable training venue that meets our venue requirements.

We do also offer a reduced version of this package called a Mini-Systemic which allows up to 24 delegates.

Want to find out more?

0800 056 8328



“Current research shows that DBT offers Level 1 (highest level) evidence of efficacy and effectiveness, and is an evidence-based option for treating people with BPD that is likely to meet the objectives of funders, economists, accountants, administrators, providers, and consumers”.

Australian Psychological Society, 2010

The Training Team

The British Isles DBT training Team (BIDBT) was founded in 1997 by Heidi Heard (PhD). She, along with Michaela Swales (PhD) a founder member of the team, built the National Training programme in collaboration with BTech LLC (www.behavioraltech.org), the US training company that enjoys a unique association with the treatment developer Marsha Linehan.

Currently British Isles DBT is the only licensed provider in the United Kingdom and Ireland of trainings in DBT. The Training Team also have a close association with the Behavioral Research & Therapy Clinics (<http://depts.washington.edu/btrtc/>) where Marsha Linehan continues to work on the refinement of DBT.

Since its inception the training team have helped to establish over 300 DBT programmes across the UK and Ireland and have trained over 1000 professionals.

British Isles DBT prides itself on delivering a high standard of training that is both informative and clinically relevant. To ensure the highest standards all of our carefully selected trainers have received extensive supervision in DBT and have demonstrated adherence and competence in the delivery of the treatment. In addition each trainer has been monitored and closely supervised by a Senior DBT Consultant to ensure their competence in training others in the treatment. All trainers have received advanced training in the assessment of adherence in DBT by senior staff at BRTC.

— Dr Heidi Heard

Dr Heidi Heard is a senior international consultant and trainer in DBT and author on the original DBT outcome trial with Marsha Linehan.

She is the US consultant to BIDBT, regularly travelling to the UK to deliver training and provide consultation to a range of clinical settings. She has written extensively on BPD, DBT and cost-effectiveness.

Michaela & Heidi are co-authors of Dialectical Behaviour Therapy (Routledge 2009 CBT Distinctive Features series.) They also are joint recipients of the 2009 Cindy Sanderson Outstanding Educator Award for their longstanding work in disseminating DBT.

— Dr Michaela Swales

Dr Michaela Swales is a Consultant Clinical Psychologist working in a Tier 4 Adolescent Service and Senior Lecturer in the School of Psychology Bangor University.

She undertook training in DBT with Marsha Linehan in 1994 and went on to form the first UK DBT programme. She received supervision from Heidi Heard and joined the training team in 1997 becoming Director of the team in 2002. Recognised as an international expert on personality disorder she currently sits on the ICD-11 working group on the classification of personality disorder. She is the course leader for the world's first university qualification in DBT: the Post Graduate Certificate in DBT from Bangor University.

Christine Dunkley

Christine Dunkley is a senior trainer with BIDBT. She left the NHS in 2012 after 30 years service to concentrate on her role as a consultant psychological therapist across the UK & Ireland.

An honorary lecturer at Bangor University, her publications include 'Teaching clients to Use Mindfulness skills' (Routledge) and 'Core components of DBT' (DVD series). She is also chair of the Society for DBT.

Professor Thomas Lynch

Professor Thomas R Lynch is Director of the Personality and Emotion Bio-behavioural Laboratory Southampton University. He moved to the UK in 2007 from Duke University where he was the Director of the Duke Cognitive Behavioral Research and Treatment Program from 1998-2007. As principal investigator he has received over 10 million dollars in research funding since 1996 and is currently the Chief Investigator of a multi-centre study of RO-DBT examining mechanisms of change in the UK funded by the Efficacy and Mechanism Evaluation programme and National Institute for Health Research - Project REFRAMED. He is a recipient of the John M. Rhoades Psychotherapy Research Endowment and is a Beck Institute Scholar.

Dr Maggie Stanton

Dr Maggie Stanton is a Consultant Clinical Psychologist heading a team of psychological therapists in the NHS. She has 30 years experience of client work and supervising professionals from a range of backgrounds.

She is a visiting lecturer at the University of Southampton for the Doctorate in Clinical Psychology and is currently a clinical lead on a large Randomised Control Trial providing an adaptation of DBT to clients with treatment resistant depression. She joined the BIDBT training team in 2011.

Dr Janet Feigenbaum

Dr Janet Feigenbaum is a Consultant Clinical Psychologist for North East London Foundation Trust and Senior Lecturer in Clinical Psychology at University College London.

She is clinical and strategic lead for personality disorder services for NELFT and IMPART (Intensive Management of Personality disorders: Assessment and Recovery Team).

Janet also collaborates with NIMHE and the NHS England on developing services for individuals with personality disorder. Janet has been a member of the BIDBT Training team since 2006.

Professor Sue Clarke

Professor Sue Clarke has provided DBT training for over 15 years.

She is a Consultant Clinical Psychologist heading a specialist NHS Beacon service in Dorset (IPTS) for PD clients.

Additionally, she directs the University Department of Mental Health at Bournemouth University, a joint venture between Bournemouth University and Dorset Health Care Trust, and is a Visiting Professor at the University of Southampton.

Her research interests focus on the development and evaluation of treatments designed to ameliorate problems associated with PD.

Want to find out more?

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**British Isles
DBT TRAINING**

We have been training DBT teams in the UK since 1997 which has resulted in over 300 DBT programmes having been implemented thus far. We are fully equipped to advise on programme implementation in every type of clinical setting where severe and enduring behavioural issues arise.

Contact us today to discuss your requirements and our experienced team can advise on a suitable training package for your organisation.

EMAIL: info@dbt-training.co.uk

WEB: www.dbt-training.co.uk

British Isles DBT Training

Croesnewydd Hall, Wrexham Technology Park,
Wrexham. LL13 7YP