



Dialectical Behavior Therapy

Research Based Treatment for Disorders of Emotional Dysregulation

Presented by

Charles Swenson, M.D.

Overview:

DBT uses cognitive-behavioral strategies for problem-solving augmented with mindfulness practices to reduce suffering, and dialectical approaches to address tension, opposition, and impasse

Developed more than thirty years ago, DBT was originally intended to help individuals with suicide attempts and self-harm behaviors build lives worth living. The treatment has evolved and is now used to treat individuals with a wide variety of disorders that involve emotional dysregulation.

Dr. Swenson will provide participants a thorough introduction to DBT punctuated frequently by the use of role play demonstrations, video, and case examples

Objectives: Participants will be able to describe:

- Diagnoses and behavioral patterns treated by DBT
- Outcomes produced by using DBT in research trials
- The three paradigms on which DBT is based,
- How to structure and maintain a DBT program
- The goals, stages, and treatment targets of DBT
- The principles and strategies of CBT (cognitive-behavioral therapy) as used in DBT
- Validation strategies to strengthen the therapy relationship and fortify self-acceptance

12 Hours

Overview of DBT

- What is DBT and Where Did It Come From?
- Diagnoses and Problem Behaviors Treated with DBT
- Research Evidence on Outcomes

DBT Theory, Principles, and Assumptions

- Bio-Social Theory
- Underlying Paradigms and Principles
- [Assumptions about Patients and Therapy](#)

Functions of DBT Treatment

- The Five Functions of a DBT program
- Treatment Modes Through Which Functions are Accomplished

Goals, Stages and Targets

- Overarching Goals and Stages of Treatment
- Treatment Targets Per Stage
- Agreements Between Patients and Therapists

Problem Solving Strategies

- Behavioral Chain Analysis for Assessment and Treatment
- Problem-Solving with Behavioral Change Procedures
- Skill Training in DBT

Validation Strategies

- Definition, Functions, and Targets of Validation
- DBT Validation Strategies (Levels of Validation)

Dialectic Strategies

- Understanding What Dialectics Means in DBT
- Using Dialectics and Dialectical Strategies in Treatment

Putting It All Together

- Extended Case Example
- Role Play Demonstrations
- Q/A

Charles Swenson M.D.

Dr. Swenson graduated from Harvard College, Yale Medical School, and completed his Psychiatry Residency at Yale University.

In 1988 he began to study, practice, and implement Dialectical Behavior Therapy (DBT). He established the first DBT program (outside of Seattle) on an inpatient unit at New York Hospital. He went on to practice, implement, teach, supervise, and write about DBT from 1989 to the present.

After fourteen years at New York Hospital, Cornell Medical Center, he moved to Massachusetts and became Medical Director of the Dept. of Mental Health in Western Massachusetts and Associate Clinical Professor of Psychiatry at University of Massachusetts Medical School. From 1995 he developed and strengthened DBT programming for adults and adolescents throughout Western Massachusetts. At the same time, he provided training and consultation for DBT programs throughout the United States, Canada, and Europe.

In 2000 Dr. Swenson co-founded the International Society for Improvement and Teaching of DBT (ISITDBT), which continues to thrive today.

Dr. Swenson has written numerous articles and book chapters on the treatment of borderline personality disorder and the applications of DBT in various settings. He is under contract writing a book with Guilford Press about the advanced practice of DBT with an emphasis on application of DBT principles.

Dr. Swenson presented a 2-day DBT seminar for J&K Seminars in 1997 and received extremely high evaluations.

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