



Unleashing the Power of DBT

Presented by

Charles Swenson, M.D.

Overview:

DBT (Dialectical Behavior Therapy) has proven effective in the treatment of adults and teens with a wide variety of clinical conditions that involve emotion dysregulation, including borderline personality disorder, PTSD, substance use disorders, eating disorders, anxiety, depression, and others. Research suggests that the “active therapeutic ingredient” in DBT is skills training, such as skills for enhancing awareness, strengthening attention, regulating emotions, accepting painful realities, tolerating emotional crises, and developing stronger relationships. Dr. Swenson will draw from his extensive clinical experience, using videotaped session segments that specifically demonstrate how to weave skills into sessions, and conducting role plays with willing audience members to illustrate the techniques. The most important DBT skills will be taught in the context of this advanced application workshop.

Objectives: Participants will be able to describe:

- The evidence and rationale for the effectiveness of integrating DBT skills into treatment
- • How to motivate clients to learn skills and generalize them into their lives
- • How to help clients use skills to become more grounded, clear, stable and self-compassionate
- • How to help clients use skills to accept painful realities, survive crisis episodes, and regulate emotions
- • How to help clients use DBT skills to be more effective in relationships
- • How to help clients build mini-treatment plans as vehicles to bring skills to life when needed
- • How to use a five-step protocol for coaching clients to use skills in the moment

11.75 Hours CE Credits

Overview and Rationale

- Nature of DBT skills; evidence for effectiveness
- Three steps in skills training; ten factors that interfere

Integrating DBT Mindfulness Skills

- Teaching and activating wise mind
- Getting to wise mind through the six core mindfulness skills

Integrating Reality Acceptance Skills

- Radical acceptance and turning the mind
- Skills for using the body to accept reality
- Observing thoughts with an attitude of acceptance

Integrating Crisis Survival Strategies

- Using S.T.O.P. and T.I.P.P skills
- Distraction, self-soothing, and I.M.P.R.O.V.E. the moment

Integrating Emotion Regulation Skills

- Teaching the DBT model of emotions
- Increasing emotional resilience
- Transforming negative emotions

Integrating Interpersonal Effectiveness Skills

- Determining priorities in relationship encounters
- Using D.E.A.R. M.A.N. skills to achieve interpersonal objectives
- Using G.I.V.E. and F.A.S.T. skills to maintain relationships and self-respect

Building and Activating Mini-Treatment Plans with Clients

- How to build the plan
- How to rehearse the plan in sessions

A Five-Step Protocol for Coaching DBT Skills in the Moment

- What are the ingredients of the protocol?
- How to use the protocol in and out of sessions

Charles Swenson M.D.

Dr. Swenson is Associate Professor of Psychiatry at UMass Medical School. He sees adults, adolescents, couples, and families in a private practice, and has conducted training, consultation, and supervision in DBT throughout North America and some European countries for over 25 years.

He has consulted extensively on DBT throughout the U.S., Canada, Sweden, and Italy. Having graduated from Harvard College, Yale Medical School, and Yale’s Psychiatry Residency, he went on to develop and direct psychoanalytic and DBT programs for borderline patients at New York Hospital-Cornell Medical Center for 14 years. From 1997 to the present, he has worked as the Area Medical Director, Senior Psychiatrist, and consultant with the Department of Mental Health, Western Massachusetts area.

Dr. Swenson has published upwards of twenty-five articles and book chapters on DBT and the treatment of borderline personality disorder.

In 2016 he published *DBT Principles in Action: Change, Acceptance, and Dialectics*. Since September 2017,

Dr. Swenson has offered a weekly one-hour podcast, *To Hell and Back*, about using DBT skills to cope with life’s adversity. Dr. Swenson co-founded the International Society for Implementation and Training of DBT (ISITDBT) with Marsha Linehan in 1996 and was the first recipient of the Cindy Sanderson Outstanding Educator Award given by ISITDBT in 2004. He received the Alfred Stanton Award from McLean Hospital in 2015. Dr. Swenson is known in his teaching for his clarity, authenticity, humor, and warmth. His presentation for J&K Seminars in 2013 received very high participant evaluations

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