

Unleashing the Power of DBT

Presented by

Charles Swenson, M.D.

Monday & Tuesday, April 20 & 21, 2020

Author of:

DBT Principles in Action: Change, Acceptance, and Dialectics

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*Wyndham Lancaster Resort & Convention Center
Lancaster, PA*

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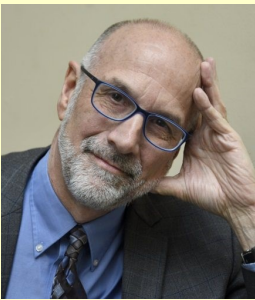
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Overview

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.

While skills are taught in groups according to the manual, getting clients to actually use them when they need them is a task of individual therapy and coaching. In this highly practical workshop, appropriate for experienced DBT practitioners and those without DBT training, Dr. Swenson will teach and demonstrate strategies for bringing DBT skills into therapy sessions, including ways to motivate the client, bring skills alive in compelling ways, and ensure generalization of skills to the client’s natural environment. He will teach and demonstrate how to build “mini-treatment plans” in sessions with a client, portable frameworks in which DBT skills serve as replacement behaviors for problematic thoughts, emotions, and actions. He will present a five-step protocol for coaching skills in brief interactions.

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. Dr. Swenson will allow ample time to deal with specific questions from participants about how to incorporate DBT skills into their therapies.

Monday, April 20, 2020

8:15 a.m. Registration (continental breakfast)

9:00 Overview and Rationale

- Evidence for effectiveness of DBT skills
- Strategies for motivating clients to learn and generalize skills

10:25 Break (coffee, tea, juice)

10:40 Integrating DBT Mindfulness Skills

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

12:15 p.m. Lunch (on your own)

1:30 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

3:00 Break (coffee, tea, iced tea, soda, snack)

3:15 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
- Using Pros and Cons

4:45 p.m. Adjournment

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

Tuesday, April 21, 2020

7:45 a.m. Registration (continental breakfast)

8:30 Integrating Emotion Regulation Skills

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

9:55 Break (coffee, tea, juice)

10:10 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

11:45 Lunch (on your own)

1 p.m. Building and Activating Mini-Treatment Plans with Clients

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

2:30 Break (coffee, tea, iced tea, soda, snack)

2:45 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

4:15 p.m. Adjournment (Pick Up Certificates)

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Continuing Education Certification

Those who arrive late or leave early will not receive CE certificates of full attendance.

Attendees must complete the feedback form to receive their CE certificate. We do not provide part-day CE certificates of attendance.

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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

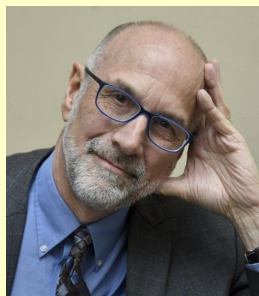
book chapters on DBT and the treatment of borderline personality disorder. In 2016 he published *DBT Principles in Action: Change, Acceptance, and Dialectics*. Since September 2017, Dr. Swenson has offered a weekly one-hour podcast, *To Hell and Back*, about using DBT skills to cope with life's adversity.

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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Register by **March 13** for Discounted Early Registration Fee

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Charles Swenson, M.D.
April 20 & 21, 2020 - Wyndham Lancaster Resort & Convention Center

Fees (In Person or Webinar)

	<u>One Day</u>	<u>Both Days</u>
Individual Early Registration (received by March 13) _____	\$145 per person -----	\$275 per person
Two or more together at the same time by (March 13) _____	\$135 per person -----	\$255 per person
Regular Registration (March 14 – April 16) _____	\$160 per person -----	\$295 per person
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