

## MANCHESTER BRANCH

# Focussing on emotion: Using change procedures from DBT

Presented by Dr Michaela Swales

Tuesday 21 & Wednesday 22 November 2017

**Venue:** The Mechanics Institute, 103 Princess St, Manchester, M1 6DD

**Times:** Tues - 9.30am to 5.00pm – Registration from 8.45am

Weds - 9.30am to 4.30pm – Registration from 8.45am

### About the workshop

This is a unique and exciting opportunity to join an expert in Dialectical Behaviour Therapy (DBT) to learn, practice and see demonstrated core aspects of DBT. Dr Michaela Swales, who has taught over 1000 professionals in DBT, will spend two days teaching practitioners how to conduct successful behavioural and solution analyses and use the emotion regulation skills from DBT to drive meaningful change for clients.

### Background

DBT is a well-established efficacious treatment for clients with a diagnosis of borderline personality disorder and high-risk suicidal behaviours (Stoffers, et al, 2013). Recently, aspects of DBT, e.g. the skills training component, have been applied successfully with clients with less severe problems.

Day one of this two-day workshop will review the emotion regulation skills from DBT (Linehan, 2015 a & b) focusing on how to coach and teach these skills effectively to clients. Day two will review the central problem-solving component of DBT, behavioural and solution analyses, helping participants to improve their application of this central strategy to solve clients' problems.

### Learning Objectives

1. To understand emotion regulation skills as taught in DBT, specifically:
  - i) The model of emotions
  - ii) Opposite-to-emotion action
  - iii) Check-the-facts
  - iv) Cope Ahead
2. To understand how to execute a behavioural and solution analysis in DBT
3. To develop an awareness of common problems in the execution of behavioural and solution analyses and how to address them
4. To consider how to modify current practice in the light of lessons learned

## Training modalities

The workshop will utilise the following teaching methods:

1. Didactic
2. Experiential exercises both individually and in groups
3. Watching DVD footage of therapeutic strategies
4. Role-play
5. Case examples

## References

Heard, H. & Swales, M. (2015). *Changing Behavior in DBT: Problem-Solving in Action*. New York: Guilford Press

Linehan, M.M. (2015a) *DBT Skills Training Manual*. New York: Guilford Press.

Linehan, M.M. (2015b) *DBT Skills Training Handouts and Worksheets*. New York: Guilford Press.

Swales, M. & Heard, H. (2016) *Dialectical Behaviour Therapy: The Distinctive Features Series*. Second Edition. London: Routledge

## About the presenter

Michaela Swales PhD is a Consultant Clinical Psychologist with BCUHB and Reader in Clinical Psychology on the North Wales Clinical Psychology Programme, School of Psychology, Bangor University. She trained in Dialectical Behaviour Therapy in Seattle in 1994/95 with Marsha Linehan and for twenty years ran a clinical programme for suicidal young people in an inpatient service. She was one of the founder members of the UK DBT Training Team became Director of the Training Team in 2002.

Dr Swales has trained more than a thousand professionals in DBT, seeding over 400 programmes, in both the UK and further afield. She is the author with Heidi Heard PhD of *Dialectical Behaviour Therapy: Distinctive Features* (2009; 2016) by Routledge and *Changing Behaviour in DBT: Problem-Solving in Action* published by Guilford in November 2015. She, along with Dr Heard, won the Cindy Sanderson Outstanding Educator Award at the International Society for the Improvement and Training of DBT at their conference in New York in 2009.

## Registration Information

### Registration fees:

Early bird: received up to 22 September 2017

**BABCP Member: £130**

**Non-member: £150**

Full registration fee from 23 September 2017

**BABCP Member: £150**

**Non-member: £170**

Price includes lunch and refreshments. A certificate will be provided for 12.5 hours CPD.

Registration close date – **Wednesday 15 November 2017**