

Radically Open - Dialectical Behaviour Therapy

RO-DBT Fast-Track Training

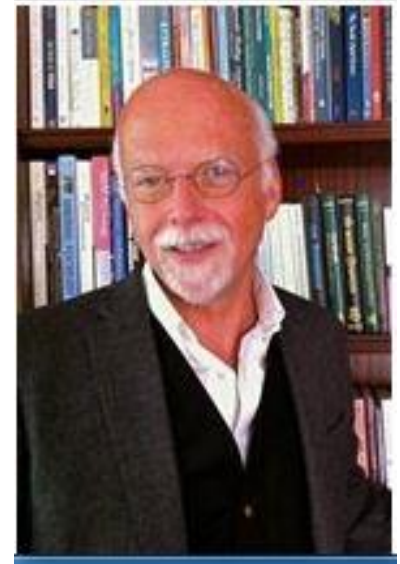
By the Treatment Developer

Professor Tom Lynch

Week 1 March 10th to 14th 2014

Week 2 October 6th to 10th 2014

Wonford House Hospital, Exeter



RO-DBT is an adaptation of DBT being used in the NHS with many treatment-resistant conditions. This ground-breaking therapy targets emotional over-control, the mechanism thought to underlie many hard to treat problems such as refractory depression and anorexia nervosa. The treatment is being implemented in numerous NHS establishments in Hampshire, Dorset, N.Wales and Exeter.

The RO-DBT training pathway has now been released with two routes by which qualified mental health professionals may obtain an RO-DBT practice certificate. This FAST-TRACK training enables professionals to do an accelerated training over two separate weeks with pre-course reading and written assignments during the interim period. Successful completion of this training will take practitioners to the top of level two, 'Intermediate Practitioner'.

The course will take place in the specialist NHS treatment facility for eating disorders, the Haldon Unit, and delegates will train alongside staff of the unit which has led the way in RO-DBT implementation for anorexia. Staff from depression trials will also be in attendance during the course. Delegates will learn the therapeutic skills required to implement the treatment whether in teams or as individual practitioners.

Discounts available for block bookings of 8 or more. Limited places are available and please note that this is the only fast-track training available in the UK in 2014



Cost £2,000 per person plus VAT

To book go to

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See next page for more course information

Targeting: Chronic Depression, Anorexia Nervosa, Obsessive Compulsive Personality Disorder, Avoidant Personality Disorder, Paranoid Personality Disorder, Treatment Resistant Anxiety Disorders, Autism Spectrum Disorders.

Self-control—inhibiting acting on urges, impulses, and desires—is highly valued in most societies, and failures in self-control characterize many of the personal and social problems afflicting modern civilization. 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, such as chronic depression, anorexia nervosa, and obsessive-compulsive personality disorder. Based on 18 years of research, two NIMH funded randomized controlled trials with refractory depression (RCTs), one open-trial examining anorexia, a case-series study with anorexia, and an on-going multi-centre RCT in the UK (REFRAMED; funded by MRC) the aim of these workshops is to teach clinicians the theoretical foundations and new skills underlying a new adaptation of DBT for disorders of overcontrol – referred to as Radically Open-Dialectical Behaviour Therapy (RO-DBT; treatment manual pending release; Guilford Press).

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. This accelerated training provides a strong foundation in the theory and practice of RO-DBT - including the neuroregulatory model underlying the treatment, the biosocial theory for overcontrol (OC), and advanced training in the delivery of core treatment principles. It also provides a strong background on the overall structure, therapeutic stance, and RO-DBT skills linked to social-signalling and changing psychophysiological arousal. A major emphasis will include more advanced training in how to assess OC and differentiate undercontrolled from overcontrolled individuals.

Core principles and role plays focusing on orientation and commitment include; helping an OC individual identify their style, describing the bio-social theory for OC, and orientating the patient to the key mechanism of change. Advanced training in managing therapeutic-alliance ruptures with OC individuals – elucidating the patterns associated with anxious controlling and hostile controlling sub-types. Importantly, participants will learn to recognize the more subtle yet highly dysfunctional behaviors that maintain social isolation or prevent treatment progress—e.g., the “enigma predicament”, “deer in the headlights” and “push-backs”. Moreover, participants will learn how to individualize treatment targets stemming from common OC behavioral themes within a framework that recognizes the importance of allowing natural change and adopting a stance of non-intervention when treating perfectionistic OC individuals. A more refined sense of how to manage skills training classes with OC will occur—including “heat-on—heat-off” strategies and how to maximize patient engagement via use of non-verbal signalling. Finally, participants will be introduced to advanced Radical Openness practices that encourage personal growth and self-enquiry—an essential component of the treatment.

Delegates are required to read two texts prior to the course and to undertake written and practical assignments between parts 1 and 2. Delegates are encouraged to attend in teams, but individual practitioners who attend without a team will be allocated to a study group for the duration for the course. Apart from a professional qualification in a mental health or related field there are no further prerequisites for the course, and it is not necessary for participants to have done any previous DBT training.

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