

Review and Report from ISITDBT

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About ISITDBT

- International Society for the Improvement and Teaching of DBT
- Volunteer organization with the sole task (until this year) of putting on an annual conference
- 1st conference held in 1996, chaired by Dr. Charles Swenson
- Always held the Thursday of the annual conference of the Association of Behavioral and Cognitive Therapies (ABCT)
- November 10, 2011: 16th annual conference, approximately 220 participants in attendance, Toronto, Canada

www.isitdbt.org

The Day's Events

- Keynote Address by Leslie Greenberg, PhD
- Followup to Keynote by Kelly Koerner, PhD
- Research Panel: DBT in Clinical Practice
- Afternoon Clinical Workshops
- Annual Address by Marsha Linehan, PhD, ABPP
- Award Presentation
- Poster Session/Cocktail hour

Awards!

The Cindy Sanderson Outstanding Educator Award went to:

Linda Dimeff, PhD
Behavioral Tech Research, Inc.

For her unwavering commitment to excellence in the teaching and dissemination of DBT to mental health professionals throughout the world

1st Student Research Award - Rachel Higier of UCLA for her poster entitled "Predictors of Burnout in DBT: Dialectical Dilemmas and Therapy-Interfering Behaviors"

Keynote Address: Leslie Greenberg, PhD

- Emotion Focused Therapy; resources: emotionfocusedtherapy.org
- Importance of emotional experiencing in therapy – “need to feel it in order to heal it”
- Differentiating primary (adaptive or maladaptive) from secondary from instrumental emotion
- Changing emotion with emotion

Greenberg's take on comparison to DBT

- EFT works with empathy and activation of primary maladaptive and transformation to adaptive emotion
- emphasis on internal experience- works from "inside out" versus DBT from "outside in" approach (a la Opposite Action)
- "inside out" approach involves work with underlying painful emotion from loss, trauma, maltreatment, and internalized contempt

Kelly Koerner's "Translation" to DBT

- Three examples of use of EFT principles in DBT:
 - 1. importance of differentiating emotions - strengthen action urge of adaptive emotion
 - 2. support expression of sadness wholeheartedly
 - 3. work on in-session self-invalidation
 - instead of "traditional" response of saying "can you say that again in less invalidating way", try getting to the heart of what is most painful (beyond cognition) - "What's that like to hear?"

Research Panel

- Dixon-Gordon et al: differential effects of emotion regulation module
- White et al: predictors of graduation from treatment in private practice
- Koons et al: how to do research in context of private practice AND influence 3rd party payers in the process

Workshop #1: Shari Manning

- Geared toward therapists who work with families of individuals with BPD
- Using DBT's dialectical dilemmas (behavioral patterns) to help family members identify and respond to problematic behavior
- 5 steps to responding effectively
- New book!

Workshop #2: Julie Brown

- Adapting DBT for individuals with intellectual/developmental disabilities
- Importance of attending to cognitive load; choose and shape intervention accordingly
- Skills System
- New book!

Workshop #3: Portland DBT

- Treating team-interfering behavior
- Using DBT principles to get therapists to treat each other on TIBs, e.g. orienting to task, teaching skills to give critical feedback, decrease avoidance
- Attending to, and addressing, obstacles to dealing with team TIBs

Certification and Accreditation

- ISITDBT now incorporated as non-profit and will become the accrediting and certifying body
- Board of Certification and Accreditation (BOCA) within ISITDBT
- Outline of some of the steps
- Information to be found starting February '12
<http://depts.washington.edu/brtc/dbtca/> and
www.isitdbt.org

Save the Date!

- ISITDBT 2012
- National Harbor, MD
- November 15, 2012
- Chair: Adam Payne, PhD