

DBT for Complex PTSD - Masterclass

Presenter

Prof. Dr. Martin Bohus (MD), psychiatrist, psychotherapist.
Scientific Director at the Central Institute of Mental Health, Mannheim.
The chair of Psychosomatic Medicine and Psychotherapy, Heidelberg University.
President of the German Association for DBT and
Chair of the International Strategic Planning Meeting for Dialectical Behavior Therapy (SPM).

Venue

Vironkatu 7 C 2, 00170 Helsinki (entrance from inner yard)
Participation is possible also via Webinar

Dates

Thu – Fri 21. - 22.1.2021

Thursday 08.30 – 16.00

Friday 08.30 - 15.30

To whom

Psychotherapists, psychologists, psychiatrists and other mental health professionals **who have attended the Basic Seminar on DBT-PTSD in 2019** or an equivalent Basic training on DBT-PTSD.

Price

2-day Masterclass Price 650€+VAT 24%.

Members of FACBT (Finnish Association for Cognitive and Behavioural Therapies): 430 € + VAT 24% Price includes teaching materials. In case of cancellation after 20.11.2020, 50% of price will be charged.

Registration

luote.fi/koulutuskalenteri, by latest **20.11.2020**. Maximum **20 at location** and **10 webinar** participants.
The registration is personal and cannot be transferred to another person.

Summary

DBT for Complex PTSD Masterclass

Dialectical behavior therapy for complex post-traumatic stress disorder (DBT-PTSD) was specifically tailored to treat adult PTSD related to interpersonal violence such as childhood sexual abuse. Most of these patients show severe problems in emotion regulation, negative self-concept, memory-processing and social interaction. Therefore, DBT-PTSD merges evidence-based modules to target these core domains: DBT principles; trauma-specific cognitive and exposure based techniques; compassion focused interventions; and behavior change concepts. The treatment can be applied under residential (12 weeks) and outpatient conditions (40 sessions). Both formats have been successfully evaluated with large controlled randomized trials and shown significant superiority to treatment as usual or established trauma-treatments (CPT) with large effect sizes.

DBT-PTSD primarily aims to help patients to

- a) revise their fear of trauma-associated primary emotions,
- b) question whether secondary emotions like guilt and shame are appropriate and
- c) radically accept trauma facts in order to establish a life worth living.

This Masterclass seminar is based on the introductory seminar on DBT-PTSD:

The seminar will provide a comprehensive repetition of DBT-PTSD: Prerequisites, targets, and structure of the treatment; treatment modules: emotion regulation skills, mindfulness group therapy, discrimination training, cognitive interventions and moderated exposure.

The major focus of the Masterclass is on deepening the insight into the treatment mechanisms; case conceptualization; working with guilt, shame, self contempt and disgust; and severe cases.

Most of the interventions will be demonstrated with video-tapes. Training will be provided via role-plays.

The aims of this workshop are

- To repeat the basic psychosocial and neurobehavioral principles of complex PTSD;
- To discuss and find solutions for specific severe problems with trauma related guilt, shame, self contempt
- To enhance the scope for complex cases

Students of this course will learn

- To design case concepts for multiple traumatized patients
- To motivate highly ambivalent patients to participate in DBT-PTSD and follow the instructions
- To structure the treatment progress
- To target shame, guilt and self-hatred
- To enhance compassion for self and others
- To provide skills assisted exposure

Timetables

Thursday 21.1.

08.30 - 09:00 Registration and coffee

09.00 - 10.15 Welcome

10.15 - 11.30 Workshop

11.30 - 12.30 Lunch

12.30 - 14.00 Workshop

14.00 - 14.30 Coffee break

14.30 - 16.00 Workshop

Friday 22.1.

08.30 - 10.00 Workshop

10.00 - 10.30 Coffee break

10.30 - 12.00 Workshop

12.00 - 13.00 Lunch

13.00 - 14.30 Workshop

14.30 - 14.45 Coffee break

14.45 - 15.30 Workshop

Info

luote@luote.fi