



DBT for Complex PTSD: A multicomponent program to treat the sequelae of interpersonal violence during childhood and adolescence

Presenter: Prof. Dr. Martin Bohus (MD), psychiatrist, psychotherapist and neurologist. 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: Helsinki, Helia-talo Auditorio, Ratapihantie 13 00520 Helsinki

Dates: **Thursday-Friday 16.-17.5.2019**
Thursday 16.5.2019 Time: 9:00-18:00
Friday 17.5.2019 Time: 8:30-15:30

To whom: Psychotherapists, psychologists, psychiatrists and other mental health professionals interested in the nature and treatment of PTSD.

Price: Price 450€+VAT 24%.
Members of FACBT (Finnish Association for Cognitive and Behavioural Therapies): 292,50 € + VAT 24%
Price includes teaching materials and coffees.
In case of cancellation after 25.4.2019, 50% of price will be charged.

Registration: luote.fi/koulutuskalenteri, by latest 25.4.2019

Info: luote@luote.fi

Summary: **DBT for Complex PTSD: A multicomponent program to treat the sequelae of interpersonal violence during childhood and adolescence**

Dialectical behavior therapy for complex posttraumatic stress disorder (DBT-PTSD) was specifically tailored to treat adult PTSD following interpersonal violence such as childhood sexual abuse, including patients with borderline personality disorder (BPD). Most of these patients show severe problems in emotion regulation, 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 evaluated with large controlled randomized trials and shown significant superiority to treatment as usual or other established trauma-treatments with large effect sizes.

DBT-PTSD primarily aims to help patients 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.

DBT-PTSD is structured in a stepwise manner:

During the first five weeks, patients learn to identify their typical automatic escape behaviors (actions, cognitions, and emotions) using individualized functional analyses.

- 1.) They further learn to use respective DBT skills to control these behaviors. Staff helps the client to utilize these skills during daily training sessions.
- 2.) During exposure sessions (week 6 to 10), the therapist provides close support to help the client avoid escape strategies, to re-experience trauma associated primary emotions, and to determine the appropriateness of these emotions in the reality of the past versus the present the therapist controls the current level of aversive tension and applies anti-dissociative skills as required. The exposure protocol allows the patient to control the pace and intensity of memory activation and balances the vividness of trauma memories with the awareness of being in the (non-dangerous) present (skills assisted exposure). Following therapist-guided exposure sessions, patients are asked to listen to the audio-taped sessions on daily basis and to strictly avoid the identified escape strategies. If patients tend to dissociate, they are encouraged to use anti-dissociative skills like exercising on a stepper while listening to the tapes.
- 3.) During the last two weeks, treatment mainly focuses on radical acceptance of trauma-related facts and on relevant psychosocial aspects including work, partnerships, and sexuality.

The workshop will provide an introduction to DBT-PTSD: Prerequisites, treatment targets, and structure of the treatment; basic principles and rules; treatment modules: emotion regulation skills, mindfulness group therapy, discrimination training, cognitive interventions and moderated exposure. Most of the interventions will be demonstrated with video-tapes. Training will be provided via roll-plays.

The aims of this workshop are

- to understand the basic psychosocial and neurobehavioral principles of complex PTSD;
- to learn the structure and principles of DBT-PTSD
- to learn the major therapeutic interventions of DBT-PTSD

Students of this course will learn

- To recognize, assess and diagnose the major pathological features of complex PTSD
- To educate the patients about their disorder
- To motivate the patients to participate in DBT-PTSD and follow the instructions
- To structure the treatment progress
- To conduct an individualized analysis of the relevant trauma-networks
- To apply and teach DBT-skills for distress tolerance and emotion regulation
- To teach basal compassionate mindfulness
- To provide skills based exposure
- To motivate for fundamental behaviour change.

Timetables

Thursday 16.5.2019

9.00-10.00 Registration and coffee

10.00 -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

16.00 - 16.30 Break

16.30 – 18.00 Workshop

Friday. 17.5.2019

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