



MINDFULNESS



INTERPERSONAL
EFFECTIVENESS



EMOTION
REGULATION



DISTRESS
TOLERANCE

DBT Ireland



News

**WINTER 2017
HAPPY CHRISTMAS!**

Dear colleagues,

Welcome to the second edition of DBT NEWS from the National DBT Project Office. Since our last newsletter in Spring 2017, the project team has made great progress in preparing the results of the evaluation for dissemination. A full report on the findings to date has been compiled and presented to the National Office for Suicide Prevention and the Mental Health Division in the HSE. When the report has been reviewed, a copy will be sent to all DBT teams and an electronic copy will be available for download. The headline findings from the report are presented overleaf.

There is also growing interest in DBT STEPS-A, a DBT skills training programme which is delivered to young people in secondary schools. See overleaf for an overview of the report we published outlining the pilot implementation of this programme in schools in Cork.

As always, we would love to hear from you, particularly in 2018 when Ireland will host the next Society for DBT conference. This will be a great opportunity to share findings and experiences from your DBT work via presentations and posters so we really encourage you to take part.

Wishing you a Happy Christmas and all the best for 2018,

Daniel Flynn (National DBT Project, Clinical Lead)

ACCREDITATION

For any DBT therapist who would like to apply for accreditation, the National DBT Project will refund the cost of accreditation upon approval.

We strongly encourage DBT therapists to apply for accreditation; achieving status as an accredited DBT therapist highlights our commitment to providing quality service to individuals attending Mental Health Services in Ireland. It also communicates to our colleagues and service managers that our DBT training and experience in an evidence-based intervention model is recognised by expert peers

as being at an agreed standard to ensure safe and effective practice.

As part of the national implementation of DBT in Ireland, we strive to ensure that all staff who train in DBT have access to group supervision so they can improve and hone their skills, and work towards accreditation with the Society for DBT (SfDBT).

In time, we believe that the SfDBT will also provide DBT team accreditation. For more information on accreditation see www.sfdbt.org or contact us at the National DBT Project Office.

CONFERENCES

SfDBT CONFERENCE 2018 COMING TO CORK!

Daniel Flynn was the keynote speaker at this year's SfDBT conference which took place in London on November 2nd 2017. His presentation on the national implementation of DBT in Ireland included a summary of outcomes and key learnings as well as recommendations and considerations for DBT implementation and sustainability in community mental health services.

Two posters were presented at the Health Research Symposium in University Hospital Limerick on November 17th 2017. The posters gave an overview of the recently published Endeavour and Family Connections articles. Printable copies of the posters can be found on our website: www.dbt.ie

PRESENTATIONS

Dr Mary Joyce presented at the Saint John of God Hospitaller Ministries Annual Research and Evaluation Study Day on November 14th 2017. Mary delivered a presentation titled "Evaluating the National Implementation of Dialectical Behaviour Therapy in Ireland".

The great news for DBT Ireland is that next year's annual SfDBT conference will be held in Cork!

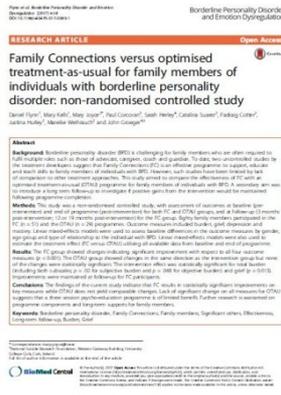
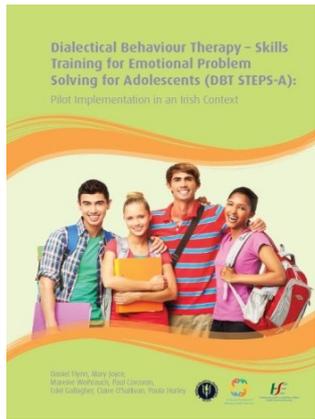
If you have a topic or poster you would like to present or would like to discuss with the research team, please contact the National DBT Project Office. Also, if there are speakers or workshop topics that really interest you, please let us know and we will do our best to ensure that the 2018 conference enhances all our DBT related learning.

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The National DBT Project Ireland is a collaboration between the HSE and the National Suicide Research Foundation. The project is supported by funding from the National Office for Suicide Prevention.



PUBLICATIONS



Since our last newsletter, we have a number of updates about publications from our team.

In **May 2017**, a book chapter for inclusion in the forthcoming *Oxford Handbook of Dialectical Behaviour Therapy* was accepted for publication. The chapter titled “Implementation in National Systems: DBT in an Irish Context,” describes the process of implementing DBT in the Irish public health service. The *Oxford Handbook of Dialectical Behaviour Therapy* is due to be published in early 2018.

In **August 2017**, an article which reports on the outcomes of the delivery of Family Connections (FC) versus an optimised treatment-as-usual programme (OTAU) for families of people with BPD in Cork was published in *Borderline Personality Disorder and Emotion Dysregulation*. 80 participants representing 53 families participated in the study. Results indicate that Family Connections yields improvement on key measures while OTAU does not yield comparable changes, suggesting that a three session psycho-education programme is of limited benefit. Further research is warranted on programme components and long-term supports for family members.

[Family Connections versus optimised treatment-as-usual for family members of individuals with borderline personality disorder.](#)

In **September 2017**, an effectiveness evaluation of the standard DBT programme, which many of you will know as the Endeavour Programme, was published in *Borderline Personality Disorder and Emotion Dysregulation*. 54 adults with BPD, who

completed the standard DBT programme across four sites in community mental health settings in Cork, were assessed at various time-points. The results showed significant reductions in borderline symptoms, anxiety, hopelessness, suicidal ideation and depression over the course of the intervention. In particular, gains were made during the first 6 months of the programme. Despite real-world limitations of applying DBT in community settings, the results of this study are comparable with more tightly controlled studies and provide evidence for the effectiveness of standard DBT in publicly funded community mental health settings.

[Standard 12 month dialectical behaviour therapy for adults with borderline personality disorder in a public community mental health setting.](#)

In **October 2017**, a report on Dialectical Behaviour Therapy – Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A): Pilot Implementation in an Irish Context was published. In collaboration with HSE Mental Health Services, Health Promotion, the National Education Psychology Service and with the support of the National Office for Suicide Prevention, the DBT STEPS-A programme was delivered in secondary schools in Cork during the academic year 2015/2016. While work is still needed on some of the delivery mechanics of this programme, the very positive news is that the core DBT skills which form the bedrock of this programme showed positive outcomes for adolescents who received the full programme. [DBT \(STEPS-A\) - Report on the Pilot Implementation in Ireland.pdf \(size 1.2 MB\)](#)

For links to all three publications go to www.dbt.ie -> National DBT Project -> Research

DBT REPORT

A report on the coordinated implementation and evaluation of DBT in Ireland has been presented to the National Office for Suicide Prevention and the Mental Health Division for review and consideration. The report will be made publicly available in early 2018. In brief, the headline findings of the report are:

- 34 DBT teams have been established across community services in Ireland which represents 54% national coverage.
- There are significant reductions in self-harm over the course of the intervention for both adults and adolescents who complete DBT.
- There are significant reductions in health service resource with 90-95% reduction in inpatient bed days for adults and adolescents who complete DBT.
- DBT teams who have trained with the National DBT Project have started to deliver DBT adaptations including skills only groups and interventions for family members.
- DBT STEPS-A, a DBT informed programme has been delivered in secondary schools in Cork with positive outcomes for adolescents.

TRAINING

A 4-day workshop to provide intensive training on how to integrate PTSD treatment into standard DBT is scheduled for June 2018. As soon as the dates are confirmed in the early new year, we will email you.

PAWS FOR THOUGHT



Meet King, the Therapy Dog!
King lives with Louise Dunne and family but comes to work in the National DBT Project Office as a therapy dog. He sits in with the DBT groups and also in individual sessions with clients.

His schedule is very busy. *King comments:* “As a spokesdog for my colleagues who were part of [the PAWS study](#) by Wood et al (2017), I can woof with confidence that humans learn a lot from a good canine therapist. *Throw the ball! Catch! Who’s a lovely dog! Treat!* All vital words for humans to learn.”



Headspace Mindfulness App:

The Headspace App is a great way to grab a few minutes of meditation or mindfulness practice. Headspace offers free and paid lessons and includes packs that can be tailored to health, work, happiness etc. Headspace is available from itunes and google app store.



WEBSITE
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