



MINDFULNESS



INTERPERSONAL
EFFECTIVENESS



EMOTION
REGULATION



DISTRESS
TOLERANCE

DBT Ireland



News



SUMMER 2018

Dear colleagues,

Welcome to the third edition of DBT NEWS from the National DBT Project Office. We were delighted to host Dr Melanie Harned and Dr Annie McCall in Cork for the DBT-Prolonged Exposure training in June 2018. Feedback from attendees was very positive and I hope that this training will prove useful in your work with individuals with trauma in the future. You will see an overview of the DBT-PE model and some of the research findings to date later in the newsletter.

We were delighted to receive confirmation of funding from the National Office for Suicide Prevention to provide a DBT Foundational Training later this year. Training will take place in Cork on October 1st-5th 2018.

The Society for DBT (SfDBT) Conference takes place in Cork this year! You will see information below about Dr Shelley McMMain who is the keynote speaker and who is also delivering a pre-conference workshop on DBT for substance misuse. We hope to see many of you there.

Finally, since the last newsletter in December 2017, the project team has been extremely busy! A number of papers have now been published on the National DBT Project evaluation and are listed in the 'Publications' section of this newsletter. A comprehensive report which documents the work of the National DBT Project from 2013-2018 will also be published later this year. We will update all teams when the report is published and available for access.

Enjoy the summer!

Daniel Flynn (National DBT Project, Clinical Lead)

sfDBT CONFERENCE CORK 2018



Where: Maryborough House Hotel, Cork, Ireland

19th November: Pre-Conference Workshop

20th November: Annual Conference

Booking info: www.sfdbt.org

Keynote Speaker: Dr Shelley McMMain.

Associate Professor, Dept of Psychiatry, University of Toronto and Head of the Borderline Personality Disorder Clinic at the Centre for Addiction and Mental Health (CAMH) Dr. Shelley McMMain is a Certified DBT Therapist and has extensive training in other evidence-based approaches including CBT and EFT. Widely recognized as an international leader in DBT practice and research, she has worked for over twenty years with individuals with emotion regulation difficulties.

Dr McMMain's keynote address will focus on her research and knowledge of Skills Only provisions. This year, for the first time, the SfDBT will also host Dr McMMain in providing a pre conference workshop, which will focus on DBT for Substance Misuse.

The cost of the **pre-conference workshop** for members is €65 and for non-members €125 until the 1st of October and then €140. The cost of the **conference** attendance for members is €65 and for non-members €125 until the 1st of October and then €140.

**CALL FOR ABSTRACTS ON ANY ASPECT OF DBT RESEARCH:
Abstract Submission Deadline: 9th September 2018**

Individuals who present at the conference can avail of free registration. There can be two named presenters per presentation. Details can be found on www.sfdbt.org.

NATIONAL DBT PROJECT OFFICE
Inniscarraig House | Western Road
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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

We are delighted to inform you that a number of papers/reports/chapters have now been published and are available online. A full list of publications and links for online access (where available) can be found on our website www.dbt.ie

A book chapter on implementation of DBT in the Irish public health service was published online in the Oxford Handbook of Dialectical Behaviour Therapy in March 2018.

Flynn D., Kells, M. & Joyce, M. (2018). Implementation in national systems: DBT in an Irish context. In M. Swales (Ed.), *The Oxford Handbook of Dialectical Behaviour Therapy*. Oxford: Oxford University Press.

The study protocol for the National DBT Project evaluation was also published in March 2018 in BMC Psychiatry.

Flynn, D., Kells, M., Joyce, M., Suarez, C., & Gillespie, C. (2018). Dialectical behaviour therapy for treating adults and adolescents with emotional and behavioural dysregulation: study protocol of a coordinated implementation in a publicly funded health service. *BMC Psychiatry*, 18(1), 51.

The first article from the Economic Effectiveness evaluation, documenting the cost of BPD illness to the Irish public health service, has been published in the Irish Journal of Psychological Medicine.

Bourke, J., Murphy, A., Flynn D., Kells, M., Joyce, M., & Hurley, J. (2018). Borderline Personality Disorder: Resource Utilisation Costs in Ireland. *Irish Journal of Psychological Medicine*.

PUBLICATIONS ON RESULTS FROM NATIONAL DBT PROJECT - ALLIED PROJECTS

Flynn D., Joyce, M., Weihrauch, M., & Corcoran, P. (2018). Innovations in Practice: Dialectical Behaviour Therapy – Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A): Evaluation of a Pilot Implementation in Irish Post-primary Schools. *Child and Adolescent Mental Health*.

Walsh, C., Ryan, P., & Flynn, D. (2018). Exploring dialectical behaviour therapy clinicians' experiences of team consultation meetings. *Borderline Personality Disorder and Emotion Dysregulation*, 5(1), 3.

ARTICLES CURRENTLY IN PRESS - Due to be published online in August 2018.

Flynn, D., Kells, M., Joyce, M., Corcoran, P., Hurley, J., Gillespie, C., Suarez, C., Swales, M., & Arensman, E. (in press). Treatment outcomes of 12-month standard dialectical behaviour therapy when delivered as part of a coordinated multi-site implementation in a public community setting. *Journal of Personality Disorders*.

Flynn, D., Kells, M., Joyce, M., Corcoran, P., Gillespie, C., Suarez, C., Swales, M., & Arensman, E. (in press). Innovations in Practice: Dialectical behaviour therapy for adolescents: multi-site implementation and evaluation of a 16-week programme in a public community mental health setting. *Child and Adolescent Mental Health*.

ACCREDITATION UPDATE

In our last newsletter, we reminded you that the National DBT Project will refund the cost of accreditation upon approval for any DBT therapist who would like 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 experts.



DBTPE PODCAST: Melanie Harned

Tips
&
Tools

As part of Dr. Charlie Swenson's podcast series *To Hell and Back*, Dr. Melanie Harned participated in an extended discussion of the principles and strategies of the DBT PE protocol and how to apply them to coping with traumatic experiences. <https://dbtpe.org/resources/>

DBTPE

TRAINING

with
Melanie
Harned (L)
and Annie
McCall (R)



PROVEN RESULTS

71-80%
remitted from PTSD

2.4x
fewer suicide
attempts

80%
achieve normative
global functioning

Individuals with PTSD often present to treatment with life-threatening behaviours and multiple, severe comorbid conditions such as personality disorders, dissociative disorders, substance dependence, eating disorders, and mood disorders. In fact, 66% of individuals with PTSD have two or more comorbid disorders and up to 30% attempt suicide.

Unfortunately, these types of high-risk and multi-problem clients are often excluded from PTSD treatments due to their severity, and treatments designed for this population such as DBT have not typically targeted PTSD. Untreated PTSD increases the risk of suicidal and self-injurious behaviour and recovery interfering behaviours.

Based on Prolonged Exposure therapy, the DBT Prolonged Exposure (DBT PE) protocol was developed and adapted by Dr. Melanie Harned specifically to treat PTSD among high-risk and multi-problem clients who are receiving DBT. DBT plus the DBT PE protocol is a comprehensive treatment designed to help these tremendously suffering individuals recover from trauma and build lives they experience as worth living.

How the DBT PE Protocol Works

Avoidance is a major factor that maintains PTSD and prevents recovery. There are two ways that people with PTSD typically avoid. The first is trying to push away memories, thoughts, and feelings about the trauma. The second is avoiding situations, people, and objects that are reminders of the trauma. Although avoiding trauma-related thoughts and situations works to reduce distress in the short run, it actually prolongs and intensifies post-trauma reactions in the long run. The DBT PE protocol aims to help clients stop avoidance and instead confront trauma-related thoughts and situations so that trauma can be effectively processed.



WEBSITE
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