



Society for Dialectical Behaviour Therapy

The Dialectical Behaviour Therapy Society in UK and Ireland

Pre-conference workshops

Thursday 6th October, 2022 (virtual on zoom)

Registration fee includes both workshops

Cost: £30 members/ £50 non-members

9:30-12:30pm

Adapting for Bipolar Disorder, Associate Professor Kim Wright, University of Exeter

Dr Kim Wright:

Dr Wright is an Associate Professor in Clinical Psychology at the University of Exeter and a registered Clinical Psychologist. She joined the University of Exeter in January 2007. Prior to this I worked as a Clinical Psychologist in a Community Mental Health Team in south London, and at the Affective Disorders Unit, Maudsley Hospital, London, a specialist adult in-patient and out-patient service. Her research programme centres upon developing more effective psychosocial interventions for Bipolar Disorder (BP) and Depression. In particular she is interested in how response to minor changes in positive mood and energy levels may contribute to the onset of Bipolar episodes. Related to this I am currently investigating response to positive mood in people with and without mood disorders, and the impact of exercise upon the development of hypomania. She recently was awarded and completed a NIHR research grant on 'The clinical and cost effectiveness of adapted Dialectical Behaviour Therapy (DBT) for Bipolar Mood Instability in primary care (Thrive-B programme): A feasibility study'.

This workshop will equip attendees with a greater understanding of Bipolar Disorder and ideas on how to adapt DBT programmes for individuals with BP.

Some recent papers include:

Yilmaz, S., Huguet, A., Kisely, S., Rao, S., Wang, J., Baur, K., ... & Wright, K. (2022). Do psychological interventions reduce symptoms of depression for patients with bipolar I or II disorder? A meta-analysis. *Journal of Affective Disorders*.

Wright, K., Dodd, A., Warren, F. C., Medina-Lara, A., Taylor, R., Jones, S., ... & Lynch, T. (2018). The clinical and cost effectiveness of adapted dialectical behaviour therapy (DBT) for bipolar mood instability in primary care (Thrive-B programme): a feasibility study. *Trials*, 19(1), 1-11.

Wright, K., Palmer, G., Javaid, M., Mostazir, M., & Lynch, T. (2020). Psychological therapy for mood instability within bipolar spectrum disorder: a single-arm feasibility study of a dialectical behaviour therapy-informed approach. *Pilot and feasibility studies*, 6(1), 1-12.



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2pm-5pm

Which Aspects of Emotion Regulation are Most Helpful for Patients? Research on Prioritizing Skills in Treatment, Dr. Matthew Southward:

Dr. Matthew Southward:

Matt is a Research Assistant Professor at the University of Kentucky, USA. He is interested in using open science practices with translational behavioral research to better understand, optimize, and personalize the processes of change in therapy, specifically among those with mood, anxiety, and personality disorders. To this end, he has investigated facets of emotion regulation flexibility, the quality of participants' emotion regulation skills, and the role of acceptance- and change-based skills on within- and between-person changes.

In this workshop he will be guiding practitioners on the finer details of emotional regulation and how to adapt our delivery of ER skills to increase effectiveness.

Some recent papers include:

Southward, M. W., Sauer-Zavala, S., & Cheavens, J. S. (2021). Specifying the mechanisms and targets of emotion regulation: A translational framework from affective science to psychological treatment. *Clinical Psychology: Science and Practice*, 28(2), 168-182. <https://doi.org/10.1037/cps0000003> PDF

Southward, M. W., Eberle, J. W., & Neacsiu, A. D. (2022). Multilevel associations of daily skill use and effectiveness with anxiety, depression, and stress in a transdiagnostic sample undergoing dialectical behavior therapy skills training. *Cognitive Behaviour Therapy*, 51(2), 114-129. <https://doi.org/10.1080/16506073.2021.1907614> Preprint & open code: <https://doi.org/10.31234/osf.io/569ey>

Southward, M. W., & Cheavens, J. S. (2020). More (of the right strategies) is better: Disaggregating the naturalistic between- and within-person structure and effects of emotion regulation strategies. *Cognition & Emotion*, 34(8), 1729-1736. <https://doi.org/10.1080/02699931.2020.1797637> Preprint & open code: <https://doi.org/10.31234/osf.io/5qeay>