



## **SOCIETY FOR DBT UK AND IRELAND**

### **Post-Conference workshops**

**Friday 13th October, 2023 (virtual on zoom)**

**Registration fee includes both workshops**

**Cost: £30 members/ £50 non-members**

***These two practical and clinically oriented workshops will help practitioners to understand how the research and principles, outlines at the annual conference on 12<sup>th</sup> October, for two models of working with Trauma using adaptations of DBT can be adopted within local services.***

**9:30-12:30pm:** Dialectical behavior therapy for posttraumatic stress disorder related to childhood sexual abuse - Professor Martin Bohus

**2-5pm:** An Introduction to the DBT Prolonged Exposure Protocol for PTSD – Professor Melanie Harned

#### Brief biographies

##### **Professor Martin Bohus:**

Martin Bohus received his specialty in Psychiatry and in Psychosomatic Medicine. Since 2003 he has held the Chair of Psychosomatic Medicine and Psychotherapy at Heidelberg University and is Scientific Director at the Central Institute of Mental Health in Mannheim. He holds a visiting professorship at the University of Antwerp and Harvard Medical School. He has received several awards for psychotherapy research. He is past president of the European Society for the Studies of Personality Disorders (ESSPD) and is president of the German Association for DBT. He was president and initiator of the 1st International Congress on Borderline Personality Disorder in Berlin in 2010. He has currently published more than 300 articles and book chapters, mainly on mechanisms of psychotherapy, borderline personality disorders, and PTSD.

Some recent papers include:

Bohus, M., Schmahl, C., Fydrich, T., Steil, R., Müller-Engelmann, M., Herzog, J., ... & Priebe, K. (2019). A research programme to evaluate DBT-PTSD, a modular treatment approach for Complex PTSD after childhood abuse. *Borderline personality disorder and emotion dysregulation*, 6(1), 1-16

Bohus, M., Kleindienst, N., Hahn, C., Müller-Engelmann, M., Ludäscher, P., Steil, R., ... & Priebe, K. (2020). Dialectical behavior therapy for posttraumatic stress disorder



(DBT-PTSD) compared with cognitive processing therapy (CPT) in complex presentations of PTSD in women survivors of childhood abuse: a randomized clinical trial. *JAMA psychiatry*, 77(12), 1235-1245.

Görg, N., Böhnke, J. R., Priebe, K., Rausch, S., Wekenmann, S., Ludäscher, P., ... & Kleindienst, N. (2019). Changes in trauma-related emotions following treatment with dialectical behavior therapy for posttraumatic stress disorder after childhood abuse. *Journal of traumatic stress*, 32(5), 764-773.

Kleindienst, N., Steil, R., Priebe, K., Müller-Engelmann, M., Biermann, M., Fydrich, T., ... & Bohus, M. (2021). Treating adults with a dual diagnosis of borderline personality disorder and posttraumatic stress disorder related to childhood abuse: Results from a randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 89(11), 925.

Zeitler, M. L., Bohus, M., Kleindienst, N., Knies, R., Ostermann, M., Schmahl, C., & Lyssenko, L. (2020). How to assess recovery in borderline personality disorder: psychosocial functioning and satisfaction with life in a sample of former DBT study patients. *Journal of personality disorders*, 34(3), 289-307.

### **Professor Melanie Harned:**

Melanie is a Psychologist and the Coordinator of the DBT Program at the VA Puget Sound Health Care System as well as an Associate Professor in the Department of Psychiatry and Behavioral Sciences and Adjunct Associate Professor in the Department of Psychology at the University of Washington. She previously worked as the Research Director of Dr. Marsha Linehan's Behavioral Research and Therapy Clinics at the University of Washington (2006-2018), Director of Research and Development for Behavioral Tech, LLC (2014-2017), and Director of Behavioral Tech Research, Inc. (2013-2016). Her research focuses on the development and evaluation of the [DBT Prolonged Exposure](#) protocol for PTSD as well as methods of disseminating and implementing this and other evidence-based treatments into clinical practice. I regularly provide training and consultation nationally and internationally in DBT and DBT PE and have published numerous articles and book chapters on these treatments. Melanie has been instrumental in the development and dissemination of the ACES adherence/fidelity rating scale.

Her manual for DBT-PE was recently published: Harned, M. S. (2022). *Treating trauma in dialectical behavior therapy: The DBT prolonged exposure protocol (DBT PE)*. Guilford Publications.

Some recent papers include:

Harned, M. S., Schmidt, S. C., Korslund, K. E., & Gallop, R. J. (2021). Does adding the Dialectical Behavior Therapy Prolonged Exposure (DBT PE) protocol for PTSD to DBT improve outcomes in public mental health settings? A pilot nonrandomized effectiveness trial with benchmarking. *Behavior therapy*, 52(3), 639-655.



- Harned, M. S., Wilks, C. R., Schmidt, S. C., & Coyle, T. N. (2018). Improving functional outcomes in women with borderline personality disorder and PTSD by changing PTSD severity and post-traumatic cognitions. *Behaviour research and therapy, 103*, 53-61.
- Harned, M. S., Gallop, R. J., & Valenstein-Mah, H. R. (2018). What changes when? The course of improvement during a stage-based treatment for suicidal and self-injuring women with borderline personality disorder and PTSD. *Psychotherapy research, 28*(5), 761-775.
- Harned, M. S., Korslund, K. E., Schmidt, S. C., & Gallop, R. J. (2021). The Dialectical Behavior Therapy Adherence Coding Scale (DBT ACS): Psychometric properties. *Psychological assessment, 33*(6), 552.
- Harned, M. S., Schmidt, S. C., Korslund, K. E., & Gallop, R. J. (2023). Development and Evaluation of a Pragmatic Measure of Adherence to Dialectical Behavior Therapy: The DBT Adherence Checklist for Individual Therapy. *Administration and Policy in Mental Health and Mental Health Services Research, 1-16*.