SFDBT (VIRTUAL) CONFERENCE SCHEDULE 2026

Thursday 8th October 2026

09:15	Arrival (zoom link open)			
09:30-10:00	**Welcome – Presidential Address –** Dr Emily Fox			
10:00- 11:30	**Keynote: Mindfulness and Compassion in DBT** Professor Joaquim Soler, Barcelona			
11:30-11:45	**BREAK (themed breakout rooms for chat)**			
11:45 - 12:45	**Parallel Sessions** (an opportunity to attend a different workshop in the morning): Masterclasses			
Masterclass ***Embracing Dialectics*** **Michaela Swales**	**Masterclass** ***Exposure*** **Christine Dunkley**	**Masterclass** ***Contingency Management*** **Jane Moses**	**Development** ***Therapist Wellbeing using Compassion*** **Shelley Kerr**	**Masterclass** ***Radical Acceptance*** **Amy Gaglia**
12:45 – 13:45	Lunch (themed breakout rooms will be open for chat)			
13:45 – 14:15	**Updates and Opportunities from the SfDBT CPD Committee: Setting up a LAN, Workshops, Webinars** (Jenny Eeles and committee)			
14:15-15:15	**Parallel Sessions** (an opportunity to attend a different workshop from the morning): Masterclasses			
Masterclass ***Embracing Dialectics*** **Michaela Swales**	**Masterclass** ***Exposure*** **Christine Dunkley**	**Masterclass** ***Contingency Management*** **Jane Moses**	**Development** ***Therapist Wellbeing using Compassion*** **Shelley Kerr**	**Masterclass** ***Radical Acceptance*** **Amy Gaglia**

15:15-15:30	**BREAK (themed breakout rooms for chat)**
15:30-17:00	**Keynote: Optimizing Treatment Duration in DBT** Professor Alex Chapman, British Columbia
17:00-17:30	**Closing remarks:** Dr Amy Gaglia, Chair of SfDBT

Friday 9th October 2026

09:45	Arrival (zoom link open)
10:00-13:00	**Workshop:** **Recovering from Invalidation: DBT Approaches to Sociocultural and Traumatic Invalidation in Minoritised Communities** Dr. Jake Camp, KCL/SLAM
13:00 – 14:00	**Lunch (themed breakout rooms will be open for chat)**
14:00 – 17:00	**Workshop:** **Therapy Interfering Behaviour in DBT** Dr. Esme Shaller, University of California San Francisco