



Dialectical Behavior Therapy for Couple

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Friday, December 6, 2013
Silver Hill Hospital, Martin Center

8:15 a.m. – 8:45 a.m. Check-In and Continental Breakfast
8:45 a.m. – 9 a.m. Welcome and Introduction
9 a.m. – 4p.m. Presentation

Dialectical Behavior Therapy (DBT) has been shown in dozens of studies to reduce self-harm, substance use, anger, and other problems associated with emotion dysregulation. DBT has been adapted by Dr. Alan Fruzzetti for use with couples, parents, and families, with several studies now demonstrating successful outcomes. In this workshop focusing on work with couples with BPD, the focus will be on interventions both to reduce severe dysfunctional individual behavior and to improve partner relationships in general, to help couples become more peaceful and loving. This workshop will introduce the concepts, strategies, and skills used to work with couples from a DBT perspective, and offer a brief summary of the data supporting this approach. After a brief orientation to the treatment model, lectures, role plays, and experiential exercises will be used to demonstrate how to: 1) build a treatment target hierarchy with couples (including self-harm, aggression, relationship problems); 2) use traditional DBT skills and new DBT couple skills; 3) apply "chain analyses" with two or more family members simultaneously, to expose dysfunctional steps when emotion escalates out of control; 4) use principles and intervention strategies of DBT with couples to remediate these steps; and 5) integrate both acceptance and change strategies (and skills) into solutions.

At the end of this program, participants will be able to:

- Describe how emotions vulnerability and invalidation transact to create emotion dysregulation (and Borderline Personality Disorder/BPD)
- Explain how to use clear targeting to stay focused in couple therapy when one or both partners has BPD
- Describe the use of blocking, validation, coaching and skill teaching with both partners
- Discuss specific, key self-regulations skills to teach partners
- Describe specific skills that can be used reciprocally to help regulate emotion and lead to improved understanding, empathy and validation

Silver Hill Hospital is accredited by the Connecticut State Medical Society to sponsor continuing medical education for physicians. Silver Hill Hospital designates this live activity for a maximum of 5.5 *AMA PRA Category I Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This program is has been submitted for approval for 5.5 Continuing Education Credit Hours by the National Association of Social Workers, CT and may meet the continuing education criteria for Social Work Licensure renewal.

Continental Breakfast and Lunch will be provided.

To register, please visit the NEABPD website, www.borderlinepersonalitydisorder.com.

8:00am	Registration
8:30am	<p>Welcome and orientation to the training</p> <p>Why DBT with couples? For whom?</p> <p>Transactional model linking one partner's emotion dysregulation to the other's invalidating responses</p> <p>Clear treatment targets: establishing a hierarchy of targets</p> <p>Primary and secondary emotions</p> <p>Assessment Issues: "Chain Analysis" and "Double Chain Analysis"</p> <p>Emotion on the Chain</p> <p>Demonstration and practice</p> <p>Skills:</p> <ul style="list-style-type: none"> Emotion self-management Accurate expression Relationship mindfulness Validation <p>Demonstration and practice</p>
Noon	Lunch
1:00pm	<p>Dialectic of acceptance and change</p> <p>Weaving solutions onto the chain</p> <p>Demonstration and practice</p> <p>Revolving door strategies</p> <p>Commitment strategies</p> <p>Demonstration and practice</p> <p>Radical acceptance, closeness and intimacy</p>
3:45pm	Questions