

INTRODUCTION TO RADICALLY OPEN

DIALECTICAL BEHAVIOUR THERAPY (RO-DBT)
FOR DISORDERS OF OVER-CONTROL

Presented by Dr Sophie Rushbrook

TUESDAY 24TH SEPTEMBER, 2019

9.00AM – 5.00PM



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

Self-control, the ability to inhibit competing urges, impulses, or behaviours is highly valued by most societies. However, *excessive self-control* has been linked to social isolation, aloof interpersonal functioning, maladaptive perfectionism, constricted emotional expressions, and difficult-to-treat mental health problems, such as anorexia nervosa, obsessive compulsive personality disorder and refractory depression.

The aim of this workshop is to introduce clinicians to the theoretical foundations and new skills underlying Radically Open-Dialectical Behaviour Therapy (RO DBT) for disorders of over-control (Lynch, in press). RO DBT is fully manualized and supported by three randomized controlled trials (RCTs) for refractory depression, two open-trials targeting adult Anorexia Nervosa, and one non-randomized trial targeting treatment resistant over-controlled adults.

While resting on many of the core principles of standard DBT, the therapeutic strategies in RO-DBT are often substantially different. For example, RO-DBT contends that *emotional loneliness* represents the core problem for over-control, not *emotion dysregulation*. The biosocial theory for over-control posits that *heightened threat sensitivity and diminished reward sensitivity* transact with early family experiences emphasizing “*mistakes as intolerable*” and “*self-control as imperative*” to result in an *over-controlled coping style* that limits opportunities to learn new skills and exploit positive social reinforcers. A novel thesis linking the *communicative functions of emotional expression* to the *formation of close social bonds* will be introduced, as well as new skills emphasizing *receptivity, self-enquiry and flexible responding*. New approaches designed to activate a neurobiological-based social-safety system, signal cooperation, and encourage genuine self-disclosure will be introduced using slides, handouts, video clips, and role plays.

More information on Radically Open DBT is available here:

https://www.dorsethealthcare.nhs.uk/application/files/8415/3088/4914/What_is_RO-DBT.pdf

ABOUT THE PRESENTER

Dr Sophie Rushbrook is a Consultant Clinical Psychologist who is the Head of the Intensive Psychological Therapy Service in Dorset. This is a tertiary service for adults with severe and complex difficulties in the community. The majority of patients have histories of chronic trauma, abuse and/or neglect and reach diagnosis for an average of 4 Personality Disorders. This service has been nominated for Beacon status in the UK, and it is one of the leading centres for PD in the country. She is trained to adherence in standard Dialectical Behaviour Therapy, Radically Open Dialectical Behaviour Therapy and Cognitive Analytic Therapy. She is also trained in Acceptance and Commitment Therapy, Compassion Focussed Therapy, Eye Movement Desensitisation Reprocessing and Prolonged Exposure -DBT.



In nearly twenty years working of mental health clinical work Sophie has seen clients with a broad spectrum of difficulties specialising in working with those who have complex and hard to treat problems. She has supervised and managed a range of mental health practitioners, has been involved in clinical research and has presented her work in the UK, Europe and the U.S.A.

Dr Sophie Rushbrook was the Clinical Site Lead at the Dorset site for the multi-centre REFRAMED trial that tested the efficacy and mechanisms of RO DBT for treatment refractory depression with comorbid over-controlled personality disorders. She has been intensively trained and worked under supervision of the treatment developer of RO DBT (Professor Lynch) since 2011. She is rated to adherence in RO DBT. As a clinician on the pilot site Sophie was the first clinician to see individual patients and co-facilitated the first skills class.

Dr Sophie Rushbrook was one of the first clinicians to be endorsed as a supervisor and has been supervising RO-DBT therapists since 2015. She is a senior trainer of RO-DBT and has delivered a number of intensive trainings with Professor Tom Lynch.

Dr Rushbrook is a Consultant Clinical Psychologist and a member of the British Psychological Society. She is an accredited practitioner with the Association of Cognitive Analytic therapy and registered with the Health Professions Council.

OBJECTIVES/TARGET AUDIENCE

Upon completion of this one-day training, participants will be able to:

1. Explain a new biosocial theory for Over-Control
2. Describe the RO DBT treatment structure
3. Describe new RO DBT treatment strategies designed to enhance willingness for self-inquiry and flexible responding
4. Describe the RO DBT treatment hierarchy
5. Describe a novel treatment mechanism positing open expression = trust = social connectedness
6. List examples of strategies designed to improve pro-social cooperative signaling via activation of the parasympathetic nervous system's social-safety system

Target Audience: Health Professionals working with clients with anorexia nervosa.
Health Professionals working with other illnesses with extreme over-control. E.g obsessive compulsive personality disorder and refractory depression
Registrations from Victorian public mental health services clinicians will be prioritised

RO DBT Intensive Training will be held in Sydney from 3-7 February, 2020 by Dr Sophie Rushbrook and Dr Thomas Lynch. This 5 day intensive training will provide a strong foundation in the theory and practice of RO DBT including; transdiagnostic approach to treatment, the neuroregulatory model, the bio-social theory for over-control, treatment strategies for activation of the PNS social safety system, individualising treatment targets, RO skills, and micro-analytic supervision

Further information can be found here: <http://www.radicallyopen.net/training-events/ro-dbt-intensive-training-sydney-australia/>

VENUE & BOOKING

Venue:	Hospital Education Centre (HEC) Royal Melbourne Hospital - Royal Park Campus 34-54 Poplar Road, PARKVILLE, 3052, VIC
Cost:	Clinicians employed in Victorian public mental health services: \$200.00 Other health professionals: \$295.00 Morning tea, lunch and afternoon tea will be provided
Registrations:	https://www.trybooking.com/book/event?eid=511821& Registrations close Friday 13 September 2019 or when places are full.

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