



Radically Open Dialectical Behavior Therapy

Presenter: Karyn Hall, PhD

Friday, December 13, 2019

8:30 am to 4:30 pm

The Menninger Clinic
12301 Main Street
Houston, Texas 77035



Dr. Karyn Hall is the founder and director of the Dialectical Behavior Therapies Center in Houston, TX. A DBT-Linehan Board of Certification Certified Therapist, she is a national DBT trainer and provides supervision to individuals who wish to learn DBT. She is also the creator of an online skills training program and one of the founders of Healing Hearts of Families, a conference for individuals with BPD, their families and professionals.

Dr. Hall was trained and supervised in Radically Open Dialectical Behavior Therapy (RO DBT)) by the treatment creator, Dr. Thomas Lynch. She is a senior clinician, a team supervisor, and is conducting research on RO DBT.

In her practice she specializes in treatment of personality disorders, treatment resistant depression, trauma, and chronic anxiety disorders. She is certified as a prolonged exposure therapist. Dr. Hall blogs for Psychology Today and PsychCentral and is the author of Mindfulness Exercises for DBT Therapists, SAVVY, and The Emotionally Sensitive Person and co-author of The Power of Validation. She has presented at both national and international conferences.

Learning Purpose/Goal

Self-control, the ability to inhibit competing urges, impulses, or behaviors 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. Based on 19 years of research, the aim of this workshop is to introduce clinicians to the theoretical foundations and new skills underlying Radically Open-Dialectical Behavior Therapy (RO-DBT) for disorders of overcontrol.

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 overcontrol, not emotion dysregulation. The biosocial theory for overcontrol 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 *overcontrolled 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, encourage genuine self-disclosure, practice loving-kindness, and change unhelpful envy/bitterness will be introduced.

Learning Objectives

At the conclusion of this live presentation, participants should be able to:

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

Target Audience

Physicians, Psychologists, Registered Nurses, Social Workers, Licensed Professional Counselors, Addictions Professionals (intermediate to experienced levels)

Continuing Education Credit

Successful completion of this activity requires:

1. Attendance for 100% of the activity
2. Completion of activity evaluation
3. Completion of an Application for Continuing Education Credit

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- Certificates of attendance will be awarded for participants in disciplines other than above.
- Contact Michelle A. Taylor, for questions related to CE: mataylor@menninger.edu



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Fee for this session: \$125.00 for professionals; \$75.00 for students

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