

Individualising DBT: For whom is DBT effective and how might we improve clients' clinical outcomes

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DBT first appeared on the international stage just over thirty years ago in an article in Archives of General Psychiatry in 1991. This was the first clinical trial demonstrating efficacy for people with a borderline personality disorder who had a history of suicidal and self-harm behaviours. Since then, DBT has been studied in numerous clinical trials, with people presenting with a wide range of diagnoses and in different countries. DBT is recognised as the most researched treatment in the field of personality disorders. This key note address will provide a high-level overview of what we have learnt about DBT's efficacy, effectiveness in routine practice and mechanisms of action. Using this evidence and the structural and functional aspects of the treatment to improve client outcomes will be considered.