

WORKSHOP 4

DBT-PTSD – An Evidence Based CFT Informed Approach to Treat Complex PTSD



Bio:

Martin Bohus MD studied at Freiburg Medical School and did his residency in Psychiatry and Neurology at Freiburg Medical School. He made his specialty in Psychiatry and Psychotherapy and in Psychosomatic Medicine. Since 2003, he holds the chair of Psychosomatic Medicine and Psychotherapy, Heidelberg University and is Medical Director at the Central Institute of Mental Health, Mannheim. He received several awards for psychotherapy research. He is board member of the German Association of Psychiatry DGPPN, President of the European Society for the Studies of Personality Disorders (ESSPD), president of the German Association for DBT and Chair of the International Strategic Planning Meeting for Dialectical Behavior Therapy (SPM). He was president and Initiator: 1st International Congress on Borderline Personality Disorder, Berlin 2010 and since 2012 he is spokesperson of the Clinical Research Unit "Mechanisms of Disturbed Emotion Processing in BPD". He has currently published more than 300 articles and book chapters, mainly on mechanisms of psychotherapy, borderline personality disorders and PTSD.

Abstract:

A Dialectical Behaviour Therapy approach for complex post-traumatic stress disorder has been specifically designed to treat patients with PTSD after childhood sexual abuse. The modular program comprises trauma-specific education, anti-dissociative skills, coping with guilt, shame, disgust and self-contempt, and exposure and development of compassion for the self. Efficacy of DBT-PTSD was examined in a randomized controlled trial. Data revealed large effect sizes ($d=1.4$) and good response rates. This workshop will outline the basic therapeutic interventions for this program and how compassion interventions may be integrated into it.

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