

THE DIALECTICS OF DELIVERY : NAVIGATING TOP-DOWN AND BOTTOM-UP APPROACHES IN DBT IMPLEMENTATION TO ENSURE GOOD CLINICAL OUTCOMES

*Conférences de l'Institut Universitaire de Psychothérapie :
Actualités en psychothérapie 2025-26*



Prof. Michaela Swales

Webinaire le 10 février 2026 de 16h30 à 18h00

*Auditoire Aloïse-Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 179
Site de Cery – 1008 Prilly*

Entrée libre

Ou via Zoom :

<https://us02web.zoom.us/j/83678131397>

Meeting ID: 836 7813 1397

La présentation se fera en anglais

DBT is known internationally as an efficacious treatment. Over the last forty years, much research effort has been expended in assessing its efficacy and effectiveness. Yet ensuring people who need DBT receive it remains challenging. In this plenary Professor Michaela Swales will examine what is known from research about the implementation challenges and how to address them. She will complement this evidence-based practice with practice-based evidence from her 30 years of experience of training and delivering DBT in predominantly public sector settings in Northern Europe. She will consider the dialectical challenges posed by top-down versus bottom-up implementation, sharing data from three national DBT implementation projects that she has participated in or led. Professor Swales will discuss the challenges and rewards of assisting teams to benchmark their clinical outcomes to national and international standards, sharing data from their national audit of DBT teams.

*Michaela Swales PhD is a Professor in Clinical Psychology and Programme Director of the North Wales Clinical Psychology Programme, Bangor University. She is the Director of the British Isles Training Team, a training team recognised internationally for its quality. She has trained more than a thousand professionals in DBT, seeding over 400 programmes, in both the UK and further afield. She co-authored, *Dialectical Behaviour Therapy: Distinctive Features* (2009; 2017) and *Changing Behavior in DBT: Problem-Solving in Action* (2015). She is the Editor of the *Oxford Handbook of DBT* (2019). Her primary research interest is the effective implementation of evidence-based psychological therapies in routine clinical practice. Professor Swales is President of the European Society for the Study of Personality Disorders (ESSPD) and the World DBT Association.*