



CONCEPTUALISING AND USING EXPOSURE IN DBT

MARCH 2ND, 7 P.M. CET, [GO TO LIVE STREAM HERE!!!](#)



Prof. Michaela A. Swales

Prof. Michaela Swales is a clinical psychologist and leading expert in DBT, based at Bangor University, North Wales, UK. With over 30 years of experience, she has worked extensively treating young people with DBT before transitioning to focus on training and research. Her passion for DBT was sparked early in her career when she struggled to find effective interventions for patients with suicidal and self-harming behaviors. Introduced to Marsha Linehan's work through her PhD supervisor, Mark Williams, she pursued DBT training, which became the foundation of her career. Prof. Swales is particularly invested in training practitioners to deliver high-quality, adherent DBT in routine clinical settings, and she finds great satisfaction in witnessing clinicians develop their skills. Among her most significant achievements are delivering the keynote lecture at Marsha Linehan's retirement event in 2019 and founding the first postgraduate university-based DBT training program in 2020. She is the president of World DBT Association and the European Society for the Study of Personality Disorders.

The upcoming webinar, "How to Identify and Implement Exposure in DBT," will provide a comprehensive guide to integrating exposure-based techniques within a DBT framework. Participants will learn how to identify when exposure is appropriate, how to recognize key components of exposure, and gain practical insights into how to implement exposure effectively, ensuring that clients engage with feared stimuli in a structured, skills-supported manner that enhances emotional processing and distress tolerance. This webinar is essential for DBT practitioners seeking to strengthen their use of exposure strategies to help clients confront and reprocess distressing experiences within the safety of therapy.