



ADHERENCE IN DBT

MAY 4TH, 7 P.M. CET, [GO TO LIVE STREAM HERE!!!](#)

PhD Amy Gaglia



Amy Gaglia is a DBT trainer and supervisor based in the UK, with a background in working with adults facing everything from substance misuse and eating disorders to PTSD. She's also supported adolescents and families, and supervised clinicians across a wide range of settings. These days, she's most often found training others in DBT—something that brings her genuine purpose and energy.

Her DBT journey began during a 10-month master's placement at New York Hospital, where she was placed in a DBT program "before it was widespread." She recalls being immediately drawn in: "As soon as I started to read the 1993 treatment manual, I was sold." What hooked her was Marsha Linehan's "compassionate and feminist stance towards a highly stigmatized group of clients."

Amy's passion lies in expanding access to quality, evidence-based care for people who struggle with suicidal and self-harming behaviors. She also cares deeply about the wellbeing of therapists and teams, and about supporting adherence to the DBT model—not out of rigidity, but because "it fits with my value of attempting to facilitate the dissemination of the treatment."

In this upcoming webinar **"Adherence in DBT"**, Amy will unpack what it means to deliver DBT with fidelity to the model—why it matters, how it's measured, and what gets in the way. With her trademark clarity and clinical insight, she'll explore:

- The meaning and importance of adherence and fidelity in DBT
- How adherence is measured in individual therapy in real-world settings
- Barriers to measuring adherence reliably
- Tips for helping therapists recognize and apply DBT strategies more effectively

Whether you're delivering DBT, supervising a team, or just starting out, this webinar will offer practical tools and fresh perspective to support your work—and your clients.