



# TARGETING SELF-HARMING BEHAVIOUR WITH CLIENTS IN DBT

APRIL 6TH, 7 P.M. CET, [GO TO LIVE STREAM HERE!!!](#)



## Prof. Lars Mehlum

Lars Mehlum is a professor of psychiatry and suicidology and director of the National Centre for Suicide Research and Prevention at the University of Oslo, Norway. His work focuses on suicide research, prevention, psychotherapy, and personality disorders. His path into DBT was driven by a need for stronger evidence-based treatments for young people struggling with suicidal and self-harming behaviors. *"The adolescent adaptation of DBT was at the time a very good candidate for showing such evidence, but there had yet not been carried out any randomized trials. So I decided to conduct the very first RCT of DBT-A and this was the beginning of the story."* Beyond research, Mehlum is committed to bringing DBT into practice. Over 15 years, he helped implement DBT in every hospital and region in Norway. *"I know this makes a huge difference in so many people's lives—that they have access to evidence-based and compassionate care."* He also played a key role in changing Norway's gun ownership laws to require safe storage, a move that *"still saves hundreds of young lives in Norway every year."* As a researcher, clinician, and leader of a 40-person team, Mehlum believes in the power of working together to achieve real change. *"We can achieve the most incredible results if we join forces and work together."*

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In the upcoming webinar "Targeting self-harming behaviour with clients in DBT" I will first briefly review what are the underlying mechanisms of self-harming behaviour, particularly in people with BPD as a basis for discussing what strategies in DBT are most effective and useful when specifically treating this type of behaviour. We will discuss some common pitfalls and how to avoid them, how to balance between acceptance and change and still maintain adequate levels of patient safety, and we will address the extremely important objective of how to treat hopelessness.