



THE VICTORIAN  
CENTRE OF  
EXCELLENCE IN  
EATING  
DISORDERS

# INTRODUCTION TO RADICALLY OPEN DIALECTICAL BEHAVIOUR THERAPY (RO-DBT) FOR DISORDERS OF OVER-CONTROL

*Presented by Dr Sophie Rushbrook*

WEDNESDAY 17 APRIL, 2024

9.00AM – 5.00PM

The aim of this workshop is to introduce clinicians to the theoretical foundations and skills underlying Radically Open-Dialectical Behaviour Therapy (RO DBT) for disorders of over-control (Lynch, 2018). Self-control, the ability to inhibit competing urges, impulses, or behaviours is highly valued by most societies.

However, *excessive self-control* has been linked to social isolation, aloof interpersonal functioning, maladaptive perfectionism, constricted emotional expressions, and difficult-to-treat mental health problems, such as anorexia nervosa, obsessive-compulsive personality disorder and refractory depression.

While resting on many of the core principles of standard DBT, the therapeutic strategies in RO-DBT are quite different. For example, RO-DBT contends that *emotional loneliness* represents the core problem for over-control, not *emotion dysregulation*. The biosocial theory for over-control posits that *heightened threat sensitivity and diminished reward sensitivity* transact with early family experiences emphasizing “*mistakes as intolerable*” and “*self-control as imperative*” to result in an *over-controlled coping style* that limits opportunities to learn new skills and exploit positive social reinforcers. A novel thesis linking the *communicative functions of emotional expression* to the *formation of close social bonds* will be introduced, as well as new skills emphasizing *receptivity, self-enquiry and flexible responding*. New approaches designed to activate a neurobiological-based social-safety system, signal cooperation, and encourage genuine self-disclosure will be introduced using slides, handouts, video clips, and role plays.

More information on Radically Open DBT is available here: [What is RO DBT and who is it for? | Radically Open](#)

## ABOUT THE PRESENTER



**Dr Sophie Rushbrook**, Consultant Clinical Psychologist is the Head of the Intensive Psychological Therapy Service in Dorset. Sophie was the Clinical Site Lead at the Dorset site for the multi-centre REFRAMED trial that tested the efficacy and mechanisms of RO-DBT for treatment refractory depression with comorbid overcontrolled personality disorders. Sophie has been intensively trained and worked under supervision of the treatment developer of RO-DBT (Professor Lynch) since 2011. She is an endorsed RO-DBT

supervisor and has been supervising RO-DBT therapists since 2015. She is a senior trainer of RO-DBT and has delivered a number of intensive trainings with Professor Tom Lynch.

More about Dr Rushbrook: [Sophie Rushbrook | Radically Open](#)

## WORKSHOP LEARNING OBJECTIVES

Upon completion of this one-day training, participants will be able to:

1. Explain a new biosocial theory for Over-Control
2. Describe the RO-DBT treatment structure
3. Describe new RO-DBT treatment strategies designed to enhance willingness for self-inquiry and flexible responding
4. Describe the RO-DBT treatment hierarchy
5. Describe a novel treatment mechanism positing open expression = trust = social connectedness
6. List examples of strategies designed to improve pro-social cooperative signalling via activation of the parasympathetic nervous system's social-safety system

## TARGET AUDIENCE

- Health Professionals working with clients with anorexia nervosa.
- Health Professionals working with other illnesses with extreme over-control. E.g. Obsessive-compulsive personality disorder and refractory depression
- Registrations from Victorian public mental health services clinicians will be prioritised

## VENUE & BOOKING

**Venue:** **Kathleen Syme Library and Community Centre**  
251 Faraday St, Carlton VIC 3053

**Cost:** Clinicians employed in Victorian public mental health services: \$200.00  
Other health professionals: \$295.00  
Morning tea, lunch and afternoon tea will be provided

**Registrations:** <https://www.trybooking.com/CNIBP>  
Registrations close 10 April 2024

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