



Radically open dialectical behaviour therapy (RO-DBT)

RO-DBT is a new, evidence-based treatment for people who struggle with emotional over-control. 'Self-control' is usually seen as a good thing, however, too much self-control can lead to challenges. Excessive self-control can result in social isolation and strained relationships. It can also contribute to mental health conditions like anorexia nervosa, obsessive compulsive disorder (OCD) and depression.

Over-control is seen as a problem of emotional loneliness - it's not just about being around other people, but rather about feeling truly connected to them.

Our 26-week RO-DBT programme has been designed to support you in cultivating a more open and engaged life. This programme aims to enhance your emotional wellbeing and social interactions, particularly if you struggle with over-control. We're here to help you find a more fulfilling and connected way of living.

Do you often find yourself being overly dutiful, avoiding risks and new experiences, meticulously planning ahead, struggling to connect deeply with others, strictly following rules, feeling unappreciated, and finding it hard to relax and be playful? This course can help you to:

- + Become more receptive and open - embrace new experiences and emotions with ease
- + Develop flexibility - adapt more easily to life's changes and challenges
- + Enhance social connections - build deeper, more meaningful relationships and feel a stronger sense of belonging

Programme overview

We are social beings and we know that the three key components of emotional wellbeing are:

- + Being open to feedback - even when it's challenging, being receptive to feedback is essential
- + Flexibility in responses - adapting to changing situations is important for wellbeing
- + Expressing emotions - sharing our emotions helps build close and meaningful relationships

That's why our highly supportive group experience focuses on:

- + Learning to adapt to the demands of the moment
- + Emphasising the importance of expressing emotions to foster positive relationships
- + Reflecting on our typical responses and behaviours
- + Developing the ability to handle unexpected or challenging feedback constructively

The programme also includes written materials and homework tasks to be completed in between sessions.



Programme timetable

The programme will be delivered over 26 weeks, taking place on Fridays from 10.30am to 1pm. The group will take place online via Zoom. The group is an open group, which means that you can join the class at any time, and don't have to wait until the next entry point. The programme also includes suggestions for personal practice in between sessions to cultivate new habits in daily life.

- + **Session 1:** Flexible openness
- + **Session 2:** Understanding emotions
- + **Session 3:** Activating social safety
- + **Session 4:** Enhancing openness and social connection
- + **Session 5:** Engaging in novel behaviour
- + **Session 6:** How do emotions help us?
- + **Session 7:** Understanding over-controlled coping
- + **Session 8:** Tribe matters - understanding rejection
- + **Session 9:** Social signalling matters
- + **Session 10:** Using social signalling to live by your values
- + **Session 11:** Over-controlled states of mind
- + **Session 12:** 'What' skills
- + **Session 13:** 'How' skills with self-enquiry
- + **Session 14:** 'How' skills
- + **Session 15:** Interpersonal integrity - saying what we mean
- + **Session 16:** Interpersonal integrity - push backs and 'don't hurt me' responses
- + **Session 17:** Interpersonal effectiveness - kindness first and foremost
- + **Session 18:** Being assertive with an open mind
- + **Session 19:** Using validation to signal social inclusion
- + **Session 20:** Enhancing social connectedness 1
- + **Session 21:** Enhancing social connectedness 2
- + **Session 22:** Learning from corrective feedback
- + **Session 23:** States of mind and 'what' skills
- + **Session 24:** Self-enquiry and 'how' skills
- + **Session 25:** Envy, cynicism and resignation
- + **Session 26:** Learning to forgive

Please note that anyone with a severe psychiatric disorder, a risk of suicide or significant substance misuse, will not be able to enter the programme. Please contact us to discuss alternative treatment programmes.

Our specialists

Our RO-DBT specialists can help you to manage the difficulties you're experiencing, improve your quality of life and connect with others who understand what you're going through.

The course is facilitated by our highly qualified therapists, all of whom have extensive experience in supporting people who struggle with over-control.

In our supportive and confidential group sessions, we'll help you to develop practical skills and strategies to improve your wellbeing. You'll also have the opportunity to share your experiences, receive feedback, and connect with others who share your journey.

Further Information and pricing

Our day care RO-DBT programme is available on both a self-pay basis and to people using private medical insurance (PMI). Those using PMI should check eligibility criteria with their insurer.

The cost is £315 per class and £8,190 for the full 26 weeks.

Enquiries and further information

For more information, please contact Priory Hospital Roehampton on **020 8023 6843** or by emailing roehampton@priorygroup.com

For the most up to date information on our services, please visit our website.