

DIALECTICAL BEHAVIOR THERAPY: WHERE WE ARE, WHERE WE WERE AND WHERE WE'RE GOING



MARSHA LINEHAN

WINNER OF THE 2017 GRAWEMEYER AWARD IN
PSYCHOLOGY

APRIL 20, 2017, 12 P.M.

STRICKLER HALL, MIDDLETON AUDITORIUM

Dr. Linehan will discuss her groundbreaking Dialectical Behavior Therapy, which balances acceptance and commitment to change in treating mental illness, distinguishing it from previous standard interventions. Research has shown DBT to be effective for conditions previously considered untreatable, such as borderline personality disorder, which is characterized by impulsivity, interpersonal problems and self-destructive urges.

The lecture is free and open to the public. For additional details, visit grawemeyer.org.