

Professor Michaela Swales

Michaela Swales PhD is a Consultant Clinical Psychologist and Professor in Clinical Psychology on the North Wales Clinical Psychology Programme, Bangor University. She trained in Dialectical Behaviour Therapy in Seattle in 1994 / 95 with Marsha Linehan and for twenty years ran a clinical programme for suicidal young people in an inpatient service. Professor Swales is the Director of the British Isles Training Team, an International Affiliate of the Linehan Institute. She has trained more than a thousand professionals in DBT, seeding over 400 programmes, in both the UK and further afield. She co-authored, *Dialectical Behaviour Therapy: Distinctive Features* (2009; 2017) and *Changing Behavior in DBT: Problem-Solving in Action* (2015). She is the Editor of the *Oxford Handbook of DBT* (2019). Her primary research interest is the effective implementation of evidence-based psychological therapies in routine clinical practice. Professor Swales was a member of the Working Group on Classification of Personality Disorders, reporting to the World Health Organisation (WHO) International Advisory Group for the Revision of ICD-10 Mental and Behavioural Disorders.

Recent Publications

Journal Articles

Mehlum, L., Schmahl, C., Berens, A., Doering, S., Hutsebaut, J., Kaera, A., Kramer, U., Moran, P.A., Renneberg, B., Ribaudi, J.S., Simonsen, S., Swales, M., Taubner, S. di Giacomo, E. (2020). Euthanasia and assisted suicide in patients with personality disorders: a review of current practice and challenges. *Borderline Personality Disorder and Emotion Dysregulation*, 7:15. <https://rdcu.be/b5XMU>

Daniel Flynn, Mary Joyce, Conall Gillespie, Mary Kells, Michaela Swales, Ailbhe Spillane, Justina Hurley, Aoife Hayes, Edel Gallagher, Ella Arensman, Mareike Weihrauch (2020). Evaluating the national multisite implementation of dialectical behaviour therapy in a community setting: A mixed methods approach. *BMC Psychiatry*, 20: 235.

Lyng, J., Swales, M.A., Hastings, R.P., Millar, T., Duffy, D.J., Booth, R. (2020). Standalone DBT group skills training versus standard (all Modes) DBT for borderline personality disorder: A natural quasi-experiment in routine clinical practice. *Community Mental Health Journal*, 56(2) 238-250.

Lyng, J., Swales, M.A., Hastings, R.P., Millar, T. & Duffy, D.J. (2020). Outcomes for 18-25-year olds with borderline personality disorder in a dedicated young adult only DBT programme compared to a general adult DBT programme for all ages 18+. *Early Intervention in Psychiatry*, 14, 61-68.

Swales, M.A. (2019) Reducing suicidal behaviour in people with complex needs: Addressing the challenge of implementing dialectical behaviour therapy. *Suicidologi*, 24(3), 4-14.

Lynch, T.R., Hempel, R.J., Whalley, B., Byford, S., Chamba, R., Clarke, P., Clarke, S., Kingdon, D.G., O'Mahen, H., Remington, B., Rushbrook, S.C., Shearer, J., Stanton, M., Swales, M., Watkins, A., & Russell, I.T., (2019). Refractory depression – mechanisms and efficacy of radically open dialectical behaviour therapy (Reframed): Findings of a randomised trial on benefits and harms. *British Journal of Psychiatry*, doi: 10.1192/bjp.2019.53

Shearer, J., Lynch, T.R., Chamba, R., Clarke, S., Hempel, R., Kingdon, D.G., O'Mahen, H., Remington, B., Rushbrook, S.C., Russell, I.T., Stanton, M., Swales, M., Watkins, A., Whalley, B. & Byford, S. (2019). Refractory depression – cost-effectiveness of radically open dialectical behaviour therapy: findings of economic evaluation of Reframed trial. *British Journal of Psychiatry Open*, 5, e64, 1-8. doi: 10.1192/bjo.2019.57

Swales, M.A. & Dunkley, C. (2019). Principles of Skills Assessment in Dialectical Behaviour Therapy. *Cognitive & Behavioral Practice* doi.org/10.1016/j.cbpra.2019.05.001

Flynn, D., Kells, M., Joyce, M., Corcoran, P., Hurley, J., Gillespie, C., Suarez, C., Swales, M., & Arensman, E. (2018). Multi-site implementation and evaluation of 12-month standard Dialectical behaviour Therapy in a public community setting. *Journal of Personality Disorders*, doi.org/10.1521/pedi.2018.32.402

Flynn, D., Kells, M., Joyce, M., Corcoran, P., Gillespie, C., Suarez, C., Swales, M., & Arensman, E. (2018). Innovations in Practice: Dialectical behaviour therapy for adolescents: multi-site implementation and evaluation of a 16-week programme in a public community mental health setting. *Child & Adolescent Mental Health*, 24, (1), 76-83 doi: 10.1111/1467-6427.1225

Toms, G., Williams, L., Rycroft-Malone, J., Swales, M., Feigenbaum, J. (2019). The development and theoretical application of an implementation framework for dialectical behaviour therapy: a critical literature review. *Borderline Personality Disorder and Emotion Dysregulation*, 6:2. doi: 10.1186/s40479-019-0102-7

King, J.C., Hibbs R.A.B., Saville, C.W.N., Swales, M.A. (2018). The Survivability of Dialectical Behaviour Therapy Programmes: A Mixed Methods Analysis of Barriers and Facilitators to Implementation within UK Healthcare Settings. *BMC Psychiatry*, 18, 302. doi: [10.1186/s12888-018-1876-7](https://doi.org/10.1186/s12888-018-1876-7)

Pethica, S., Hill, J., Jones, K., Tranter, P., Riley, S., Lee, H. & Swales, M. (2018). Developing the therapeutic conversation: A conversation analysis of information giving in Family Domains Therapy? *Journal of Family Therapy*, doi: 10.1111/1467-6427.12250

Books

Swales, M.A. (ED) (2019). *Oxford Handbook of Dialectical Behaviour Therapy*. Oxford: OUP. Nominated as Highly Commended in the *BMA Books Awards Psychiatry Section* 2019.

Swales, M.A. & Heard, H.L. (2017). *Dialectical Behaviour Therapy: Distinctive Features, 2nd Edition*. London: Routledge. Translated into German, Korean and Japanese.

Heard, L. & Swales, M. (2015). *Changing Behaviour in DBT: Problem Solving in Action*. New York: Guilford Press. German translation, H.L. Heard & M.A. Swales (2016) *Verhaltensänderung in der Dialektisch-Behavioralen Therapie*. Stuttgart: Schattauer.

Swales, M.A. & Heard, H.L. (2009). *Dialectical Behaviour Therapy: Distinctive Features*. London: Routledge. German translation Swales, M.A. & Heard, H.L. (2013) *Dialektische Verhaltenstherapie*. Paderborn: Junfermann Verlag. Italian Translation M.A. & Heard, H.L. (2012) *La Terapia Dialettico-comportamentale: Caratteristiche Distintive*. Milan, Italy: FrancoAngeli. Japanese translation published 2015.