Treatment of individuals diagnosed with borderline personality disorder usually poses significant challenges to front-line workers. Treatment is complicated by high rates of comorbidity, unremitting crises, intense anger and suicidal behaviour not infrequently engendering discouragement and frustration in workers. Accumulating research evidence supporting the effectiveness of Dialectical Behaviour Therapy (DBT) has resulted in this approach becoming widely viewed as a promising treatment for the management of extreme behaviours associated with borderline personality disorder.

DBT blends traditional Cognitive Behaviour Therapy with techniques from acceptance-based traditions. This course will increase participants’ understanding of this comprehensive psychotherapy and how to apply DBT principles and a broad range of strategies associated with this approach. In this workshop, participants will learn how to conceptualize borderline personality disorder from DBT’s compassionate, non-pejorative, biosocial theory. Specific strategies will be described and demonstrated so that participants will learn how to enhance commitment to treatment, balance a focus on behavioural change with acceptance, address complex clinical issues such as self-harm behaviours, substance use and how to reduce personal burn-out.

Participants in the workshop will have an opportunity to role play difficult therapeutic situations and apply treatment strategies to specific clinical cases.

**Workshop Objectives**
You will learn:
- How to conceptualize borderline personality disorder from DBT’s biosocial theory
- To identify the function and modes of standard Dialectical Behaviour Therapy
- Practical strategies for increasing commitment and engagement
- How to balance validation and change strategies
- How to conduct a behavioural analysis and solution analysis of problematic behaviours including self-harm and substance abuse
- How to utilize dialectical strategies for addressing polarized behaviour
Shelley McMain, Ph.D.

Shelley McMain, Ph.D. is a researcher, clinician and educator. She is the Head and founder of the Dialectical Behavior Therapy (DBT) Clinic at the CAMH and is an Assistant Professor in the Department of Psychiatry at the University of Toronto. At the DBT Clinic she oversees the work of an interdisciplinary group of clinicians and research assistants who study treatment delivery and actively participate in the provision of services for people diagnosed with borderline personality disorder. She has published a number of journal articles and book chapters on DBT, personality disorders the treatment of people diagnosed with concurrent disorders and psychotherapy research.

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Early registration one month prior to seminar $185
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CANCELATION POLICY:
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The Institute reserves the right to cancel a workshop due to under-enrollment,
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GROUP AND STUDENT RATES:
Registration of six or more mailed in the same envelope and stu-
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CONTINUING EDUCATION CREDITS:
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