

Dialectical Behaviour Therapy Skills Training

Presented by Shelley McMain, Ph.D

TORONTO June 11, 2012

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 McMMain, Ph.D.

Shelley McMMain, 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.



REGISTRATION

REGISTER BY MAIL, PHONE, FAX E-MAIL OR ON-LINE

Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1

TELEPHONE: 416-972-1935 x 3233 FAX: 416-924-9808

E-MAIL: mvanrooyen@hincksdellcrest.org

REGISTER ON-LINE: www.peopleware.net/2323

One form per person. Please print clearly.



Name: _____ Position: _____

Department: _____ Organization: _____

Address: Home Business _____

Phone: _____ fax: _____ e-mail: _____

I wish to be on the mailing list.

I WISH TO REGISTER FOR

**DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING
TORONTO – June 11, 2012**

Hincks-Dellcrest Centre – Gail Appel Institute
114 Maitland Street, Toronto, ON M4Y 1E1

Early registration one month prior to seminar \$185

Regular registration \$195

Toronto Time: 9:00 am - 4:00 pm

Method of Payment

Payment must be made by cheque or credit card (Visa or Mastercard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to Gail Appel Institute. Post-dated cheques not acceptable for early registration.

I wish to pay by: Cheque Visa Mastercard _____

Card Number: _____ Expiry Date: _____

Name on Card: _____

Signature: _____

Total fee enclosed: _____

CANCELLATION POLICY:

An administrative fee of \$40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing two weeks prior to the workshop date. After that time you may elect to receive a credit which may be applied to a future workshop of the same value used within one year of date of issue. A colleague may be substituted for attendance. No credit or refund will be given if you do not notify us in advance of the workshop date. The Institute reserves the right to cancel a workshop due to under-enrollment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment.

GROUP AND STUDENT RATES:

Registration of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

CONTINUING EDUCATION CREDITS:

Each participant will receive a Certificate of Participation. This may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college/association.

ACCESSIBILITY STANDARDS FOR CUSTOMER SERVICE (AODA) – SUPPORT PERSONS

The Hincks-Dellcrest Centre strives to create barrier free training to all persons and therefore welcomes support persons accompanying persons with disabilities. As per our Operational Procedure Number 8-8-11, any customer attending a training session at the Hincks-Dellcrest Centre will not be asked to pay a fee for the support person accompanying them to the training session.