

DBT Centre of Vancouver presents:

**The DBT Skills: A Three Day Training**

PRESENTED BY: **JOHN WAGNER, Ph.D. R.Psych.**

**WEDNESDAY - FRIDAY, JUNE 15th – 17th 2016** 9 AM – 4:30 PM

Room 1315 SFU Harbour Centre

Downtown Vancouver

515 West Hastings St, Vancouver BC

**ABOUT THE WORKSHOP**

The skills taught in Dialectical Behaviour Therapy (DBT) contain an array of strategies designed to help people struggling in life lead happier and more productive lives. The most widely researched treatment for problems characteristic of Borderline Personality Disorder (including recurrent suicidal and self-harming behaviours), DBT teaches a variety of concrete skills for helping people be more mindful, better tolerate distress, improve interpersonal relationships, and effectively manage emotions. These skills are increasingly being used to assist people also struggling with a variety of other mental health problems, including substance abuse, eating disorders, and treatment resistant depression.

This special 3 day training will cover the majority of the skills taught in DBT skills groups and can be used with clients both individually and in group settings. Using a variety of teaching strategies, including didactics, video and audio clips, role-plays, and experiential exercises, this workshop will provide mental health professionals with an assortment of skills they can use in better assisting their clients.

More specifically, this 3 day training will cover the following sets of skills–

**Mindfulness:** • What is mindfulness? • The states of mind • Observe, describe & participate • Non-judgmental, one-mindful & effective

**Distress Tolerance** • Crisis survival skills • Pros & cons • Radical acceptance • Willingness vs willfulness • Mindfulness of current thought

**Emotion Regulation:** • What good are emotions • Model for describing emotions • Problem-solving • Opposite action • Reducing vulnerability to negative emotions • Mindfulness of current emotion

**Interpersonal Effectiveness:** • Priorities in interpersonal relationships • Intensity for asking/saying no • DEAR MAN
• GIVE • FAST

**RECOMMENDED READING**

* Linehan, M. M. (2015). [DBT skills training manual](http://www.guilford.com/books/DBT-Skills-Training-Manual/Marsha-Linehan/9781462516995). New York: Guilford.
* Linehan, M., M. (2015). [DBT skills training handouts and worksheets](http://www.guilford.com/books/DBT-Skills-Training-Handouts-and-Worksheets/Marsha-Linehan/9781572307810). New York: Guilford.

**WHO SHOULD ATTEND**

This workshop is designed for mental health professionals (psychologists, psychiatrists, counselors, etc.) looking to expand their clinical repertoire by learning many of the core skills commonly taught in DBT. This special 3 day training is limited to 40 participants to allow for more interactive training.

**ABOUT THE SPEAKER**

**John Wagner, Ph.D.,** **R. Psych.,** is the Director of the DBT Centre of Vancouver
and an Adjunct Professor in the Department of Psychology at the University of British Columbia. He completed a post-doctoral fellowship working with Dr. Marsha Linehan, the developer of DBT, and has provided trainings across Canada. [Full bio online.](http://dbtvancouver.com/our-people/john-r-wagner/)

**TO REGISTER**

* Online: [dbtvancouver.com/workshops](http://dbtvancouver.com/our-events/dbt-skills-three-day-training/)
* Fax form (see page 2) to: **604-569-1230**
* Mail form (see page 2) to:
DBT Centre of Vancouver

1040-1200 Burrard St Vancouver BC V6Z 2C7

* For more information, **call: 604-569-1156**

 The DBT Centre of Vancouver is approved by the Canadian Psychological Association to offer continuing education for psychologists. The DBT Centre of Vancouver maintains responsibility for the program.

**ELIGIBLE FOR 18 CE CREDIT**

**Registration for DBT Centre of Vancouver JUNE 2016 Workshop**
**Wednesday - Friday, June 15 – 17th, 2016 9:00am – 4:30pm**

Room 1315 SFU Harbour Centre 550 West Hastings Vancouver BC

**Registration Fee** (registration closes **June 8th**)

**Early Bird** (March 2nd –May 20th)

Professional $600+ $30 (GST) = **$630**

**Regular Registration** (May 21st – June 8th)

Professional $660 + $ 33 (GST) = **$693**

**Workshop fees include**: handouts, morning snack, afternoon snack, and CE certificate. Lunch is not included. There will be a one-hour break for lunch each day. There are numerous lunch options in the area. Workshop fees **do not include** travel, meals, accommodation, and other travel-related costs.

ACCOMMODATIONS AND TRAVEL

Participants are responsible for arranging their own travel and accommodations to and within Vancouver. SFU Harbour Centre is located in downtown Vancouver and is close to public transportation hubs, including Skytrain, Seabus and the Canada Line. For more information about accommodations, visit [www.tourismvancouver.com](http://www.tourismvancouver.com); information on public transportation is at [www.translink.ca](http://www.translink.ca).

**Cancellation Policy**:

DBTCV will provide refunds up to 14 days prior to a scheduled workshop.

Refunds will not be provided after June 1st and are subject to a $100 admin fee.

to register:

1. Online at [www.dbtvancouver.com/workshops](http://dbtvancouver.com/our-events/dbt-skills-three-day-training/)

2. Or **mail, fax, or email this page** to:

DBT Centre of Vancouver

Suite 1040, 1200 Burrard St

Vancouver BC V6Z 2C7

Fax: 604-569-1230 **PH: 604-569-1156**

Email: info@dbtvancouver.com

**PERSONAL INFORMATION (please type\*\*)**

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| --- | --- |
| Name:  |       |
| Street address: |       |
| City:       | Prov./State:       | Postal Code/Zip:       |
| Phone: |       | Email: |       |
| [ ] Yes, please add me to your mailing list. (DBT Centre sends out periodic emails regarding upcoming workshops We will not sell your information to any third parties.) |

**PAYMENT INFORMATION (please type\*\*)**

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| I am paying by: [ ]  Cheque (Make payable to DBTCV [ ] Credit Card (fill information below) I am paying for: [ ]  Early Bird Professional **$630** [ ] Regular Professional **$693****Registration will not be processed without payment.** If you do not receive an email within 1 -2 business days, please email info@dbtvancouver.com |
| Name on credit card: |       |
| Credit card #: (VISA and MC only) |                       | Exp. date:      /      | CCV code:       |
| [ ] I have read and understand the cancellation policy. Signature:       (Digital signature or initials accepted.) |

\*\* May have some difficulties on MAC/Apple software