

DBT Centre of Vancouver presents:

**The New DBT Skills – Part 2:   
Interpersonal Effectiveness & Emotion Regulation**

PRESENTED BY: **DR.** **ALEX CHAPMAN, R.Psych.  
 DR.** **JOHN WAGNER, R.Psych.**

**FRIDAY, DECEMBER 2nd, 2016** 9 AM – 4:00 PM

Italian Cultural Centre; Trattoria Hall

3075 Slocan St Vancouver BC

**ABOUT THE WORKSHOP**

The publication of the 2nd edition of Dr. Marsha Linehan’s DBT Skills Training Manual in 2015 greatly expanded the skills available for clients struggling with a range of psychological problems. The second edition is more than 4 times the length of the first and includes a booklet of new handouts. This special **2-part training** explores many of the new DBT skills. Part 1, presented in May 2016, focused on updates to the Mindfulness and Distress Tolerance skills. Part 2, the focus of this current workshop, will address important updates to the DBT Interpersonal Effectiveness and Emotion Regulation Skills. New interpersonal effectiveness skills include strategies for coping with invalidation, building new relationships, and ending harmful relationships. Also new are the Walking the Middle Path skills, which are commonly taught to adolescents and their caregivers and involve the use of dialectics, validation, and behavioral principles with others. Newer emotion regulation skills focus on methods to move forward in valued directions in life, manage thoughts, solve problems contributing to challenging emotions, and cope ahead of time with adversity and stress.

By the end of this training, participants should be able to:

* Identify and describe at least three new DBT Interpersonal Effectiveness Skills.
* Identify and describe at least three new DBT Emotion Regulation Skills.
* Determine when and how to teach these skills effectively in clinical practice.

**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 intended for psychologists, social workers, mental health counselors, and other mental health professionals who have already had exposure to the DBT skills covered in the first edition of [Dr. Linehan’s Skills Training Manual for Treating Borderline Personality Disorder](http://www.amazon.ca/Training-Treating-Borderline-Personality-Disorder/dp/0898620341). While some of these new strategies can be used independently of the previous skills, a good working knowledge of them is important for successfully incorporating the new skills into your practice.

**Attendance in Part 1 is NOT  
 a prerequisite for Part 2.**

**ABOUT THE SPEAKERS**

**Dr. Alex Chapman,   
R. Psych., (#1701)** is the President of the DBT Centre and Professor in the Department of Psychology at Simon Fraser University (SFU). [Full bio.](http://dbtvancouver.com/our-people/alexander-l-chapman/)

**Dr. John Wagner,**   
**R. Psych., (#1713)** is the Director of the DBT Centre of Vancouver and an Adjunct Professor in the Department of Psychology at the University of British Columbia. [Full bio.](http://dbtvancouver.com/our-people/john-r-wagner/)

**TO REGISTER**

* Online: [dbtvancouver.com/workshops](http://dbtvancouver.com/our-events/the-new-dbt-skills-part-2-interpersonal-effectiveness-and-emotion-regulation/)
* 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 6 CE CREDITS**

**Registration for DBT Centre of Vancouver december 2nd, 2016 Workshop**   
**Friday, December 2nd, 2016 9:00am – 4:00pm** / Italian Cultural Centre 3075 Slocan St Vancouver BC

**Registration Fee** (registration closes November 28th)

**Early Bird** (August 23rd – Nov 4th)

Full-Time Student \* $104.50 + $5.23 (GST) = **$109.73**

Professional $198+ $9.90 (GST) = **$207.90**

**Regular Registration** (Nov 5th – Nov 27th)

Full-Time Student \* $115.50 + $5.78 (GST) = **$121.28**

Professional $225.50 + $11.28 (GST) = **$236.78**

**Workshop fees include**: handouts, morning snack, lunch, afternoon snack and a letter confirming CE credits.

\* **To receive the student rate**, we require an email or fax confirmation from your supervisor or university department official (e.g., chair of the graduate program, chair of the department) of your student status. Your registration will not be processed without this confirmation of student status.

to register:

**Cancellation Policy**: DBTCV will provide refunds up to 14 days prior to a schedule workshop.

Refunds will not be provided after November 18th, 2016

**Refunds are subject to a $50 administrative fee.**

1. Online at [www.dbtvancouver.com/workshops/](http://dbtvancouver.com/event-types/workshops/)

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](mailto: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.) | | | | | | |
| I require a gluten-free lunch | | | I have other dietary needs: | | | |

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

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| I am paying by: Cheque (Make payable to DBT Centre of Vancouver Credit Card (fill information below)  I am paying for:  Early Bird Professional **$207.90**  Early Bird Student (include status of student confirmation) **$109.73**  Regular Professional **$236.78**  Regular Student (include status of student confirmation) **$121.28 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 #: |  | Exp. date:      / |
| I hereby sign and give the DBT Centre of Vancouver permission to charge $      to my credit card.  The DBT Centre of Vancouver protects client confidentiality and will not divulge or sell this information. | | |
| I have read and understand the cancellation policy.  Signature :  (Digital signature or initials accepted.) | | |