Loved Ones & Borderline Personality Disorder:
An 8-week group for those loving and/or living with persons with BPD

Family & Loved Ones Program

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Family & Loved Ones Program

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Fall 2017

Fridays, September 8th – November 3rd 1- 3pm

The Dialectical Behaviour Therapy (DBT) Centre of Vancouver is pleased to announce a special 8-week program designed for partners, family, and friends of those with Borderline Personality Disorder (BPD), or with related problems (e.g., self-injury). BPD is a serious mental health problem believed to affect approximately 1.6 percent of the population. Persons with BPD suffer intense emotional turmoil, often have difficulties with relationships, and are at risk for suicidal and self-harming behaviour.

Although there is considerable hope for persons with BPD, and effective treatments exist, loved ones often struggle in finding the best way to support their affected family member(s) or friend(s) with BPD. This special 8-week course is designed to provide partners, family, and friends with tools for better understanding and assisting loved ones. This group will also teach participants some of the practical skills commonly covered in the DBT groups to effectively manage emotions, communicate to others, and tolerate overwhelming distress.

**More specifically, this course will cover the following topics:**

* What is Borderline Personality Disorder (BPD)
* Why do people have BPD?
* Some harmful myths and misconceptions about BPD
* Hope for BPD: Treatments that work
* Introduction to Dialectical Behaviour Therapy
* DBT skills in action:
* How to use validation to reduce conflict and calm emotional storms
* How to understand behaviour and set reasonable limits
* How to use skills to understand and manage intense emotions
* How to tolerate and manage crises and better accept yourself, your emotions, and your loved one
* How to use interpersonal effectiveness skills to improve communication with your loved one

Participants will meet **Fridays, from September 8th – November 3rd 2017, 1 – 3pm** (No class on Thanksgiving long weekend October 6th, 2017).Participants will be provided with all needed materials, including a binder with handouts covering the DBT skills and a copy of the Borderline Personality Disorder Survival Guide by Dr. Alex Chapman. The total cost of the program is $995. \* Please note that a minimum number of participants is required to start program. We reserve the right to cancel programs if necessary and a full refund or account credit will be provided.

The course will be led by Dr. Carol Denniston, one of our senior clinicians at the DBT Centre of Vancouver. Dr. Denniston has an extensive clinical background assessing and treating adolescents and adults with a wide range of psychological difficulties including, depression, anxiety, emotion dysregulation, PTSD, psychosis, disordered eating, substance abuse, self-harm and chronic suicidality.

**To register, please complete the registration form on next page.**

**Registration for DBT Centre of Vancouver**

**Family & Loved ones program**
**Fridays, September 8th – November 3rd, 2017 1pm– 3pm**

(No class Thanksgiving weekend October 6th)

DBT Centre of Vancouver ৷ 1040 – 1200 Burrard St Vancouver BC

Participants will be provided with all needed materials, including a binder with handouts covering the DBT skills and a copy of the Borderline Personality Disorder Survival Guide by Dr. Alex Chapman.

**Registration Fee**

Registration closes **September 1st, 2017\***

The total cost for the course is $995 for 1 registrant
or $1790 for 2 registrants.

to register:

**Cancellation Policy**: DBTCV will provide refunds up to 3 days prior to the start of the course.

Refunds will not be provided after September 8th, 2017

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

**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

\* Please note that a minimum number of participants is required to start program. We reserve the right to cancel programs if necessary and a full refund or account credit will be provided.

**PERSONAL INFORMATION (Please type)**

|  |  |
| --- | --- |
| Name:  |       |
| Street address: |       |
| City:       | Prov./State:       | Postal Code/Zip:       |
| Phone: |       | Email: |       |
| I have a family member/loved one that is a client of the DBT Centre. Name:       |

**PAYMENT INFORMATION (Please type)**

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| I am paying by: [ ] Cheque (Mail to DBT Centre of Vancouver Suite 1040, 1200 Burrard St Vancouver BC V6Z 2C7)[ ] Credit Card (fill information below) [ ] One-time payment $995[ ] Three payments (At registration: $425, September 8th: $285, October 6th: $285)**Registration will not be processed without payment. You will receive an email confirmation of registration.** |
| Name on credit card: |       |
| Credit card #: |                      | Exp. date:      /      |
| [ ] **I have read and agree with the DBT Centre of Vancouver cancellation policy:** Refunds will not be provided after September 8th, 2017 and are subject to a $50 administrative fee. |
| Signature:  |