

DBT Centre of Vancouver presents:

**INTRO TO DIALECTICAL BEHAVIOUR THERAPY**

**A 12 – WEEK COURSE**

**Mondays, February 19th – May 14th, 2018**

(No class Monday, April 2nd – Easter Monday)

**4:30pm – 7:30pm**

DBT Centre of Vancouver #1040 -1200 Burrard St Vancouver BC

**ABOUT THE WORKSHOP**

The DBT Centre of Vancouver is pleased to offer a 12-week course to mental health professionals seeking to learn about Dialectical Behaviour Therapy (DBT). The most widely researched treatment for problems characteristic of Borderline Personality Disorder (BPD), DBT is a comprehensive psychological treatment that assists persons struggling with complex problems, including recurrent suicidality, self-harm, and problems with emotion regulation.

This course, offered as part of an ongoing consultation and training program at the DBT Centre, covers many aspects of DBT including individual therapy, skills training, telephone consultation, and consultation teams. The teaching methods include didactics, demonstration/practice, audio and video review, and worksheets. Participants will be assigned weekly readings and between-class activities.

**ABOUT THE INSTRUCTORS**

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| John Wagner, Ph.D., is a Registered Psychologist, Director of the DBT Centre of Vancouver, and an Adjunct Professor at the University of British Columbia. He regularly provides consultation and training to area providers. Full bio available [online.](http://dbtvancouver.com/our-people/john-r-wagner/) |
| istock - piled rocks3 croppedMichael Sheppard, Ph.D., is a Registered Psychologist, Manager of the Comprehensive Psychological Assessment Program at the DBT Centre of Vancouver, and Core Faculty at Adler University. Full bio available [online](http://dbtvancouver.com/our-people/michael-d-sheppard/). |

**TOPICS COVERED**

* Research on BPD & DBT
* Dialectical Theory and Strategies
* Commitment Strategies
* Suicidal Risk Assessment and Intervention
* Chain Analysis and Problem-Solving
* Reciprocity and Irreverence
* Telephone Consultation
* Change Strategies in DBT: *Solution Analysis, Cognitive Modification, Contingency Management, Exposure, & Skills Generalization*
* Skills Training in DBT: *Mindfulness, Emotional Regulation, Distress Tolerance, & Interpersonal Effectiveness*
* Case Management & Consultation Teams

**WHO CAN REGISTER**

Mental health professionals (with a minimum of a master’s degree in a mental health field or graduate students in an applicable program) seeking to gain a better understanding of DBT and useful clinical tools to use in practice are encouraged to register.

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 36 CE CREDITS**

**TO REGISTER**

* Email form to : info@dbtvancouver.com
* Fax form to: 604-569-1230
* Mail form to: DBT Centre of Vancouver

1040-1200 Burrard St Vancouver BC V67 2C7

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

**Registration for DBT Centre of Vancouver**

**Intro to DBT course**   
**Mondays, February 19th – May 14th, 2018 4:30pm – 7:30pm**

(No class Monday, April 2nd – Easter Monday)

\* 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.

**Registration Fee**

Full-Time Student \* $1160 + $58 (GST) = $1218

Professional $1600 + $80 (GST) = $1680

to register:

**Cancellation Policy**: DBTCV will provide refunds up to 14 days prior for a schedule class. Refunds will not be provided after Monday, February 5th.

**Refunds are subject to a $150 administrative fee.**

1. **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)

2. Along with your registration, please include a **current resume** and a ***brief* cover letter**, indicating a.) how you heard about the course and b.) your motivation for enrolling; i.e., how you will be using the material covered.

**PERSONAL INFORMATION – please type\*\***

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| --- | --- | --- | --- | --- | --- |
| Name: | |  | | | |
| Street address: | |  | | | |
| City: | | | Prov./State: | | Postal Code/Zip: |
| Phone: |  | | Email: |  | |

**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)  Professional rate: One-time payment $1680  Professional rate: Four payments of $420 (At registration, February 19th, March 19th, April 3rd, 2018)  Student rate\*\*: Four payments of $304.50 (At registration, February 19th, March 19th, April 3rd, 2018)  **Registration will not be processed without payment. You will receive an email confirmation of registration.** | | |
| 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. | | |
| Signature: (digital signature or initials acceptable) | | |

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