

DBT Centre of Vancouver presents:

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

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

 **ALEXANDER L. CHAPMAN, Ph. D., R.Psych.**

 **June 24th – 26th, 2019** **9 AM – 4:30 PM (Monday – Wednesday) M**

HSBC Hall, UBC Robson Square⏐800 Robson 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 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 to better assist 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

**WHO SHOULD ATTEND**

This workshop is designed for mental health professionals (psychologists, psychiatrists, counselors, high school counsellors, nurses, etc.) looking to expand their clinical repertoire by learning many of the core skills commonly taught in DBT.

**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.

**ABOUT THE PRESENTERS**

**Alexander L. Chapman Ph.D.,** **R. Psych.,** (#1701) is the President of the DBT Centre, Professor in the Department of Psychology at Simon Fraser University (SFU), as well as a DBT-Linehan Board Certified DBT Clinician™. Full bio [online](http://dbtvancouver.com/our-people/alexander-l-chapman/).

**John Wagner, Ph.D.,** **R. Psych.,** (#1713) is the Director of the DBT Centre of Vancouver, an Adjunct Professor in the Department of Psychology at the University of British Columbia, as well as a DBT-Linehan Board Certified DBT Clinician™. Full bio [online](http://dbtvancouver.com/our-people/john-r-wagner/).

**TO REGISTER**

* Email form (see page 2) to **info@dbtvancouver.com**
* 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](https://cpa.ca/) (CPA) to offer continuing education (CE) for psychologists. The DBT Centre of Vancouver maintains responsibility for the program.

**ELIGIBLE FOR 18 CE CREDITS**

Information on CPA CE approval
is available on our [website](http://dbtvancouver.com/event-types/workshops/).

**Registration for DBT Centre of Vancouver JUNE 2018 Workshop**
**Monday – Wednesday │June 24th – 26th, 2019│ 9:00am – 4:30pm**

HSBC Room, UBC Robson Square⏐800 Robson St. Vancouver, BC

**REGISTRATION FEE** Registration closes **June 17th**

**Early Bird Rate** (October 24th – May 27th)

Professional $595 + $29.75 (GST) = **$624.75**

**Regular** **Rate** (May 28th – June 17th)

Professional $655 + $32.75 (GST) = **$687.75**

**WORKSHOP FEES** include: workshop handouts and slides, morning and afternoon snack, plus letter of attendance. Participants are responsible for their own lunch.

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. UBC Robson Square is located in downtown Vancouver and is close to public transportation hubs, including Skytrain, 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 and are subject to a **$75 admin fee**. Refunds will not be provided after **June 3rd**. In the unlikely event we have to cancel the workshop, we will issue a full refund for workshop fees only. Please make hotel & travel arrangements with this in mind.

to register

**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

 **PARTICIPANT INFORMATION** (please type\*\*)

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| --- | --- |
| Name:  |       |
| Street / Mailing address: |       |
| City:       | Prov./State:       | Postal Code/Zip:       |
| Phone: |                   | Organization: (Optional)       |
| Email:      (Registration receipt and workshop reminder will go to this email. Include multiple addresses, i.e., work, home, employer, office admin etc., if needed.) |
| [ ]  Yes, please add me to your mailing list. I would like to hear about upcoming workshops. |
| Dietary allergies/restrictions/considerations\*:      \*Please note: we will do our best to accommodate your dietary requests; however, there may be an additional charge based on request and availability.  |

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

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| Fee: | [ ]  Early Bird **$624.75**  | [ ]  Regular **$687.75** |
| Method:  | [ ]  Credit Card  (Fill in below) | [ ]  Personal Cheque (Make payable to DBT Centre of Vancouver) [ ]  Business Cheque ⏐Name of Business:      |
| Name on credit card: |       |
| Credit card number: (VISA and MC only) |                          | Exp. date:      /      | CCV code:       |
| **Registration will not be processed without payment.** If you do not receive an email within 1 -2 business days, please email info@dbtvancouver.com or call 604-569-1156. |
| [ ] I have read and understand the cancellation policy. (Digital signature or initials accepted.)**Signature:**        |

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