

DBT Centre of Vancouver presents:

Refining Your Use of Dialectical Behaviour Therapy

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

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

October 22nd – 23rd, 2020 9 AM – 4:30 PM

HSBC Hall, UBC Robson Square | 800 Robson St. Vancouver, BC

ABOUT THE WORKSHOP

Dialectical behaviour therapy (DBT; Linehan, 1993a; 1993b; 2015a; 2015b) has become a well-established, empirically supported treatment for borderline personality disorder (BPD) and other related problems. Further, increasing evidence shows that DBT can be effective with youth and a variety of other populations. Comprehensive DBT includes individual therapy, group skills training, phone coaching (the therapist's availability by phone to help coach clients in skills), and a consultation team that meets weekly to support therapist motivation and skill. This workshop is ideal for participants who have had some previous training and experience in DBT, which can include the 3-day DBT skills workshop offered yearly by our Centre or other applicable workshops. The purpose of this workshop is to take a closer look at the challenges that arise in the application of DBT in individual therapy and/or group sessions.

The training format and content for this workshop will be dynamic and flexible, with an emphasis on active attendee participation. Day 1 will focus largely on organizing and implementing individual therapy in DBT, and Day 2 will focus on refining and improving DBT skills training, whether clinicians are teaching skills in a group format or in an ad-hoc manner individually with their clients. Participants will be asked to complete a brief case formulation form and formulate key consultation questions in advance of the workshop, which will then be used to further inform topics covered in the training. Focusing primarily on participants' challenges and questions, the presenters will provide feedback and demonstrate how to navigate difficult moments in therapy. The presenters will also focus on key elements of effective individual therapy and skills training, using didactics, video recordings and live demonstrations as springboards for training and practice exercises. Group participation will be strongly encouraged.

More specifically, the goals for this unique 2- day training include:

- Improve clinicians' understanding and use of theory, principles, and case formulation to understand and guide DBT.
- Describe and discuss ways to effectively use strategies and principles to navigate and structure individual therapy and DBT skills training.
- Practice identifying some key elements of adherent DBT sessions.
- Improve the teaching and use of DBT skills.
- Describe, demonstrate, and practice ways to navigate challenges in DBT individual therapy and skills training.

WHO SHOULD ATTEND

For the purposes of this workshop, we will **assume participants have an introductory or intermediate understanding of core DBT theory, principles, strategies, and skills.** As such, our teaching will focus on areas that clinicians would like further elaboration on or challenges they need help with. Participants should already have some familiarity with the core DBT texts (Linehan, 1993, [Cognitive-behavioral treatment of borderline personality disorder](#); and Linehan, 2015, [DBT skills training manual, 2nd edition](#)).

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 of Certification, Certified DBT Clinician™.

Full bio [online](#).



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 of Certification, Certified DBT Clinician™. Full bio [online](#).



REGISTRATION FORM FOLLOWS.

FOR MORE INFORMATION, VISIT:
WWW.DBTVANCOUVER.COM.

The DBT Centre of Vancouver is approved by the [Canadian Psychological Association](#) (CPA) to offer continuing education (CE) for psychologists. The DBT Centre of Vancouver maintains responsibility for the program.

ELIGIBLE FOR 12 CE CREDITS

Information on CPA CE approval is available on our [website](#)

REGISTRATION FOR DBT CENTRE OF VANCOUVER OCTOBER 2020 WORKSHOP

Thursday – Friday | October 22nd – 23rd, 2020 | 9:00am – 4:30pm

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

WORKSHOP FEE

Early Bird Rate (January 31st – September 1st)

Professional \$420 + \$21 (GST) = **\$441.00**

Regular Rate (September 2nd – October 1st)

Professional \$460 + \$23 (GST) = **\$483.00**

Registration closes **October 1st**. Fees include workshop handouts and slides, morning and afternoon snack, plus the letter of attendance*, which confirms eligibility for up to 12 CE credits. Participants must sign-in and out each day in order to receive confirmation of attendance/CE credits. Participants are responsible for their own lunch. There are numerous lunch spots in the area. Parking in the area will range from \$18-\$25/day.

CANCELLATION POLICY:

The DBT Centre of Vancouver (DBTCV) will provide refunds up to 14 days prior to a scheduled workshop and are subject to a **\$50 admin fee**. Refunds will not be provided after **October 8th**. 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** completed registration form to:
DBT Centre of Vancouver
Suite 1040, 1200 Burrard St | Vancouver BC V6Z 2C7 OR
- Email** completed registration form to: info@dbtvancouver.com
OR
- Fax** completed registration form to 604-569-1230.

PARTICIPANT INFORMATION	
Full Name:	(Print name as you would like to appear on your *letter of attendance. Participants are eligible for 12 CE credits.)
Address:	
City:	Prov./State: Postal Code/Zip:
Phone:	Organization: (Optional)
Email: (Registration receipt and workshop reminder will go to this email. Include multiple emails, i.e., work, home, employer, office admin etc., if needed.)	
<input type="checkbox"/> Yes, please add me to your mailing list. I would like to hear about upcoming workshops. Click or type yes: _____	
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.	
PREVIOUS DBT TRAINING AND EXPERIENCE	
Briefly describe your previous DBT training and experience (Optional): Click box or type in grey area.	<input type="checkbox"/> DBTCV 3-day training: _____ <input type="checkbox"/> DBTCV other training: _____ <input type="checkbox"/> Training elsewhere: _____ <input type="checkbox"/> Self-taught: _____ Other: _____
	<input type="checkbox"/> I use DBT skills in individual therapy. _____ <input type="checkbox"/> I lead DBT skills groups. _____ <input type="checkbox"/> I provide DBT phone coaching. _____ <input type="checkbox"/> I am on a DBT consultation team. _____ Other: _____
PAYMENT INFORMATION	
Fee	Early Bird (before or on September 1 st : \$420+\$21 GST) \$441.00 Regular (on or after September 2 nd : \$460+\$23 GST) \$483.00
Method	<input type="checkbox"/> Credit Card (Fill in below) <input type="checkbox"/> Personal Cheque (Make payable to DBT Centre of Vancouver) <input type="checkbox"/> Business Cheque Name of Business: _____
Name on credit card:	
Credit card number: (VISA and MasterCard only)	_____ --- _____ --- _____ --- _____ Exp. date: ____/____
Registration will not be processed without payment. If you do not receive an email within 1 -2 business days, please call 604-569-1156 or email info@dbtvancouver.com . Please confirm registration prior to making travel/work arrangements as seating is limited.	
<input type="checkbox"/> I have read and I understand the cancellation policy: Refunds will not be provided after October 8 th and are subject to a \$50 fee.	Signature: (Initials accepted)