

## DIALECTICAL BEHAVIOUR THERAPY: THEORY AND PRACTICE

**Dr. Alexander L. Chapman, Dr. Jacquie Cohen, Dr. John R. Wagner**

**November 16 & 17, 2021 | 9am – 4pm Pacific Time | via Zoom**

### ABOUT DBT

As a comprehensive, cognitive behavioural treatment, DBT consists of individual therapy, group skills training, a therapist consultation team, and between-session telephone coaching. Originally designed to help chronically suicidal individuals, Dialectical Behaviour Therapy (DBT) has become a gold-standard treatment for clients with complex mental health problems. DBT has demonstrated effectiveness for adults with borderline personality disorder, including those with co-occurring substance use disorders or eating disorders, as well as suicidal or self-injuring adolescents. Findings have shown that DBT also has promise for the treatment of adolescents with bipolar disorder and children with serious behavioural or emotional dysregulation, complex trauma, major depression, and transdiagnostic emotional regulation. Further, evidence has shown that DBT significantly reduces healthcare costs for complex clients. DBT programs exist in over 50 countries around the world.

### ABOUT THE WORKSHOP

The goal of this workshop is to provide clinicians with a firm foundation in DBT theory and practice, focusing primarily on DBT in individual therapy. The course will cover what DBT is, its theoretical foundations and assumptions, the functions and modes of treatment, and strategies and treatment protocols. Upon completion of this training, participants will be able to do the following:

1. Identify the dialectical and biosocial underpinnings of DBT.
2. Describe the general structure of DBT, including the components and functions of treatment.
3. Recognize for whom DBT is appropriate and provide psychoeducation regarding the treatment.
4. Identify behavioural targets of DBT.
5. Describe, discuss, and use key intervention strategies used in individual DBT (including assessment, stylistic, and change strategies).

This course is for clinicians who want to learn the fundamentals of DBT so they can decide if this treatment is right for them, determine which of their clients would benefit from DBT, and use DBT principles to inform their own practice. The training is an excellent start on the path to providing standard DBT; however, more training would be needed for most clinicians who wish to make DBT a primary focus of their practice.

Counsellors, psychologists, physicians, psychiatrists, case managers, social workers, nurses, and other clinicians working on a mental health team as well as therapists working in a solo or group practice will learn a valuable treatment model, develop their repertoire of clinical skills, and deepen their understanding of clinical interventions. Additionally, participants will become better equipped and more confident working with clients struggling with complex mental health problems. Teaching methods will include didactic presentations, demonstrations, video/audio clips, experiential exercises, and active practice by participants. This will be an active and engaging workshop.

### ABOUT DBT TRAINING

This workshop is a part of series led by the DBT Centre of Vancouver. Following completion of this training, the next step in our DBT training program would be our 3-day training in DBT skills, which we plan to offer in Spring 2022.

### ABOUT THE INSTRUCTORS

The workshop will be led by Dr. Alex Chapman, Dr. Jacquie Cohen, and Dr. John Wagner.



*Dr. Chapman*



*Dr. Cohen*



*Dr. Wagner*

The instructors are each registered clinical psychologists, DBT-Linehan Board of Certification, Certified Clinicians™, and have extensive experience providing training in DBT across Canada. Of note, Drs. Chapman and Wagner completed 2-year post-doctoral fellowships with Dr. Marsha Linehan (the developer of DBT), and Dr. Cohen has extensive experience developing and implementing DBT programs in the public health sector. Two instructors will lead the workshop on any given day. Full instructor bios available online.

### REGISTER

Registration form is on the next page.

Early bird \$480 + \$24 (GST) = **\$504**

Regular \$550 + \$27.50 (GST) = **\$577.50**

For more info, visit [www.dbtvancouver.com](http://www.dbtvancouver.com).

**DIALECTICAL BEHAVIOUR THERAPY: THEORY AND PRACTICE**  
**November 16 & 17, 2021 | 9am – 4:30 pm Pacific Time | via Zoom for Healthcare**

**FEES**

This workshop will take place over Zoom for Healthcare and will run each day from 9am-4pm PST. If joining from outside BC, please note the time difference.

Early bird \$480 + \$24 (GST) = **\$504**

Regular \$550 + \$27.50 (GST) = **\$577.50**

Early bird prices will be available until October 16, 2021. Registrations received after October 17 will be charged the regular rate.

**CANCELLATION POLICY**

DBTCV will provide refunds up to 7 days prior for a schedule class. Refunds are subject to a \$50 administrative fee. Refunds will not be provided after Monday, November 9, 2021.

**CONTINUING EDUCATION CREDITS**

The Canadian Psychological Association (CPA) authorizes the DBT Centre of Vancouver to provide continuing education credits for training activities. Twelve (12) credits will be available for this training, depending on attendance and completion of the final workshop evaluation. We will email PDF copies of signed CE certificates to participants within 3 weeks of the event at no extra cost.

**WORKSHOP PREPARATION**

Participants are encouraged to read the text [Cognitive-Behavioral Treatment of Borderline Personality Disorder](#) by Marsha Linehan.

Participants will receive an email reminder of the workshop one week beforehand. The email will include a PDF copy of the workshop materials as well as the Zoom link.

**REGISTRATION**

**PARTICIPANT INFORMATION**

Name<sup>1</sup> \_\_\_\_\_ Organization<sup>2</sup> \_\_\_\_\_  
Phone number \_\_\_\_\_ Email<sup>3</sup> \_\_\_\_\_  
City \_\_\_\_\_ Province/State \_\_\_\_\_ Postal/Zip code \_\_\_\_\_  
Country (*if international*) \_\_\_\_\_

\_\_\_\_\_ Yes, please add my email address to your mailing list; I would like to find out about other training opportunities with the DBTCV.

<sup>1</sup> Write your name as you would like it to appear on your certificate of completion. <sup>2</sup> Optional

<sup>3</sup> Your registration confirmation AND workshop reminder will go to this email address

**PAYMENT INFORMATION**

**Fee** \_\_\_\_\_ until October 16, 2021 (\$504) \_\_\_\_\_ October 17, 2021 and later (\$577.50)

**Method** \_\_\_\_\_ Paying by Visa/Mastercard (no Amex or Visa debit) \_\_\_\_\_ Paying by e-transfer

**Credit Card** Name on credit card \_\_\_\_\_  
Card number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiry: \_\_\_\_\_ / \_\_\_\_\_

**E-transfer** Send e-transfer (with registration form) to [info@dbtvancouver.com](mailto:info@dbtvancouver.com)  
Name of person sending transfer (if different than participant) \_\_\_\_\_

**Attestation** Registration cannot be completed without payment. I have read the cancellation policy and understand the terms. Please initial: \_\_\_\_\_

**Other notes:** \_\_\_\_\_

We will process your registration and send confirmation and the receipt to the email address listed above. If you do not receive a confirmation email within 1-2 business days, please **call 604-569-1156** or **email [info@dbtvancouver.com](mailto:info@dbtvancouver.com)**. We look forward to seeing you at the workshop!