

DIALECTICAL BEHAVIOUR THERAPY: 3-DAY SKILLS TRAINING

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

April 27, 28, & 29, 2022 | 9am – 4:30pm Pacific Time | via Zoom

ABOUT DBT

As a comprehensive, cognitive behavioural treatment, dialectical behaviour therapy (DBT) consists of individual therapy, group skills training, a therapist consultation team, and between-session telephone coaching. Originally designed to help chronically suicidal individuals, DBT has become a well-supported 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. Further, evidence has shown that DBT significantly reduces healthcare costs for complex clients.

ABOUT THE WORKSHOP

In this workshop, we focus on the skills taught in DBT. These skills contain an array of tools that clients can use to build lives worth living. DBT skills consist of four modules: mindfulness (skills to attend to, experience, and live in the present moment), distress tolerance (how to tolerate distress, avoid making things worse in a crisis, and accept reality as it is), interpersonal effectiveness (build healthy relationships while maintaining self-respect), and emotion regulation (understand and manage emotions). Typically, skills are taught in weekly, 2-2.5-hour groups that run much like classes, with two therapists leading each group.

This workshop will begin with a discussion of DBT theory (biosocial developmental theory, dialectical theory). We will also discuss how to structure and run a DBT skills group, as well as strategies that clinicians can use in both DBT skills training and individual therapy, such as validation and chain analysis. The majority of the workshop will focus on each of the four skill modules, covering core skills in each module.

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.

Learning Objectives

- Describe and discuss the biosocial developmental and dialectical theory.
- Describe and discuss some core strategies used in DBT, such as validation and chain analysis.
- Describe and discuss ways to run a DBT Skills group
- Describe and discuss core skills in each module, including mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

WHO IS THIS TRAINING FOR?

This training is geared toward mental health professionals who want to learn more about DBT, with a focus on DBT skills training. No prior DBT training is required. The following clinicians will find this workshop most helpful:

- Clinicians who would like an introduction to DBT theory and practice.
- Clinicians who wish to begin a DBT skills group
- Clinicians already running a group who wish to improve their skills
- Clinicians who simply wish to incorporate DBT skills into their everyday practice.

ABOUT DBT TRAINING

This workshop is a part of series led by the DBT Centre of Vancouver. Following completion of this training, another complementary step for clinicians attending this workshop would include our 2-day DBT Individual Therapy workshop, which we plan to offer in the Fall 2022.

ABOUT THE INSTRUCTORS

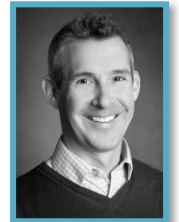
The workshop will be led by Dr. Alex Chapman, Dr. Jacquie Cohen, and Dr. John Wagner.



Dr. Chapman



Dr. Cohen



Dr. Wagner

The instructors are each registered 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. All are enthusiastic presenters and greatly enjoy working with clinicians to enhance their skills with evidence-based treatments. Detailed bios can be found [online](#).

REGISTER

Early bird \$675 + \$33.75 (GST) = **\$708.75**

Regular \$755 + \$37.75 (GST) = **\$792.75**

For more info and to register, visit

www.dbtvancouver.com.

DIALECTICAL BEHAVIOUR THERAPY: THREE-DAY SKILLS TRAINING

April 27, 28, and 29, 2022 | 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-4:30pm PST. If joining from outside BC, please note the time difference.

Early bird \$675 + \$33.75 (GST) = **\$708.75**

Regular \$755 + \$37.75 (GST) = **\$792.75**

Early bird prices will be available until March 30, 2022.

Registrations received March 31 and after 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 Tuesday, April 19, 2022.

CONTINUING EDUCATION CREDITS

The Canadian Psychological Association (CPA) authorizes the DBT Centre of Vancouver to provide continuing education credits for training activities. **Eighteen (18) 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 purchase and read the text [DBT Skills Training Manual](#) 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

Name¹ _____ Organization² _____

Phone number _____ Email³ _____

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.

¹ Write your name as you would like it to appear on your certificate of completion.

² Optional

³ Your registration confirmation AND workshop reminder will go to this email address

PAYMENT INFORMATION

Fee _____ until March 30, 2022 (\$675 + GST=\$708.75) _____ March 31, 2022 and later (\$792.75)

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

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**. We look forward to seeing you at the workshop!