

DIALECTICAL BEHAVIOUR THERAPY: 3-DAY SKILLS TRAINING

Dr. Alexander L. Chapman & Dr. John R. Wagner

May 24, 25, 26, 2023 | via Zoom

9am – 4:30pm PST (11am – 6:30pm CST / 12pm – 7:30pm EST)

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 2023.

ABOUT THE INSTRUCTORS



Dr. Alex Chapman, R.Psych., (#1701) is the President of the DBT Centre and Professor in the Department of Psychology at Simon Fraser University (SFU), Full bio [online](#).

Dr. John Wagner, R.Psych., (#1713) is the Director of the DBT Centre of Vancouver and an Adjunct Professor in the Department of Psychology at the University of British Columbia. Full bio [online](#).



Both are DBT-Linehan Board of Certification, Certified DBT Clinicians™ and enthusiastic presenters.

REGISTER

The registration form is on the next page.

\$708.75 - Professional rate (includes GST)

\$567.00 - Student rate (includes GST)

For more info and to register, visit

www.dbtvancouver.com.

DBT CENTRE OF VANCOUVER PRESENTS:

DIALECTICAL BEHAVIOUR THERAPY: THREE-DAY SKILLS TRAINING

May 24, 25, 26, 2023 | 9am – 4:30 pm PST | via Zoom

FEES & CANCELLATION POLICY

Early bird prices in effect until April 23, 2023.

\$567.00 - Early bird Student* \$540 + \$27 (GST)

\$708.75 - Early bird Professional \$675 + \$33.75 (GST)

\$630.00 - Regular Student* \$600 + \$30 (GST)

\$792.75 - Regular Professional \$755 + \$37.75 (GST)

* Students must include proof of status with registration.

DBTCV will provide refunds up to 7 days prior to a workshop which are subject to a \$50 administrative fee. Refunds will not be provided after May 17, 2023.

Fees include a copy of CE certificate (**max 18 CE credits**) to be emailed within 2 weeks of the workshop.

Info: <https://dbtvancouver.com/professional-development/>

FORMAT & SCHEDULE

This workshop will take place via Zoom. Recordings of the workshop will not be available.

Tentative schedule (times in PDT)

9am – 10:30 First session	1pm – 2:30 Third session
10:30 – 10:45 Break	2:30 – 2:45 Break
10:45 – Noon Second session	2:45 – 4:15 Fourth session
Noon – 1pm Lunch	4:15 – 4:30pm Wrap up

If joining from outside BC, please note the time difference.

WORKSHOP PREPARATION

Participants are encouraged to purchase and read the text [DBT Skills Training Manual](#) by Marsha Linehan.

Participants will receive a PDF of the workshop materials and the Zoom link a week before the workshop.

REGISTRATION

PARTICIPANT INFORMATION

Name¹ _____ Email(s)² _____

¹ Write your name as you would like it to appear on your certificate of completion. ² Your registration confirmation, workshop reminder, workshop materials and Zoom link, as well as your CE letter will go to this email address. You are welcome to include multiple emails.

City & Province/State _____ Country (if international) _____

Phone number _____ Organization (optional) _____

Background Student Counsellor Social Worker Psychologist Psychiatrist Other: _____

Yes, please add my email address to your mailing list; I would like to hear out about future DBT training.

PAYMENT INFORMATION

Fee Professional (Total \$708.75/ \$792.75*) Student** (Total \$567/\$630*)

*Registrations received after April 23 will be charged the regular rate. **Students please include proof of student status with your registration.

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 will not be completed without payment. I understand there is a \$50 admin fee if I need to cancel my registration. No cancellations after May 17. Please initial: _____

Other notes _____

We will process your registration and send confirmation with 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 your attendance!