

DIALECTICAL BEHAVIOUR THERAPY Certificate Program



FACULTY

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CME Certificate Programs

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The **Dialectical Behaviour Therapy Certificate Program** from the Faculty of Medicine at the University of Toronto consists of the successful completion of three of the four courses listed below (see prerequisites). Participant evaluation will include a multiple choice and short answer exam, weekly homework assignments and detailed feedback of video/audio-taped sessions.

Part A:

Dialectical Behaviour Therapy: The Basics

This 2-day course will provide an overview of DBT. Participants will learn to explain DBT's biosocial theory, explain how to competently structure DBT, and identify core treatment strategies for managing difficult behaviours and avoiding therapeutic impasses.

September 24th and 25th, 2009 (approved for 12 credit hours)

Part B:

Dialectical Behaviour Therapy: Intermediate Level Training

Prerequisite: Part A or equivalent

This 2-day course will involve practical implementation of specific strategies. Participants will learn to do comprehensive DBT case formulations, to conduct in-depth behavioural analyses, to coach patients to use DBT skills and to avoid getting polarized with patients and teams.

May 6th and 7th, 2010 (accreditation pending)

Part C:

Dialectical Behaviour Therapy: Problem Based Learning

Prerequisites: Part A or equivalent and Part B

This longitudinal 8-week course (2.5-hour sessions) will be designed to address frequent problem areas encountered in the application of DBT with patients diagnosed with BPD or other patients suitable for this approach. The course is designed for participants who are applying DBT with one or more patients.

The format for this course will include an in-depth review of a topic using a combination of didactic and experiential techniques. The didactic component will be followed by clinician supervision using the format and structure of the DBT therapist consultation team.

Dates TBA (accreditation pending)

Part D:

Dialectical Behaviour Therapy: Supervised Applications

Prerequisites: Part A or equivalent, B and C

This 8-week course (2 hour sessions) will be a practical, hands-on course providing an opportunity for individuals to obtain longitudinal supervision of cases drawn from the trainees' own practices. Participants will audio or videotape their sessions and use these tapes for supervision in small groups.

Dates TBA (accreditation pending)

DIALECTICAL BEHAVIOUR THERAPY CERTIFICATE PROGRAM

Full Name _____ Title _____ Suffix _____

Company/Institution _____

Address _____ City _____ Province _____ Postal Code _____

Telephone _____ Fax _____ E-mail _____

DBT Certificate Program

Certification Administration Fees \$100.00

Total _____

Method of Payment (By Cheque Only)

- Payable to **BPD Clinic, CAMH** (Please quote "DBT Certificate Program" in memo line of cheque).

cheque Number _____

Participant Name _____

Address _____

City _____ Province/Postal Code _____

Important Note:

- Additional fees in the future will apply (\$400 for two exams)
- Individual course registration and payment must be sent to the address and/or fax specified on the course brochure.

CME CERTIFICATE OFFICE

C/O Shira Green
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33 Russell Street
Toronto, Ontario M5S 2S1

**Register by mail or fax application to the
attention of Shira Green:**

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