

# DIALECTICAL BEHAVIOUR THERAPY Certificate Program



## FACULTY

**Dr. Robert Cardish**  
**Dr. Shelley McMain**  
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## CME Certificate Programs

**Centre for Addiction and  
Mental Health (CAMH)**  
33 Russell Street  
Toronto, Ontario M5S 2S1

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Fax: (416) 595-6399  
Email: [shira\\_green@camh.net](mailto:shira_green@camh.net)

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 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, understand how to competently structure DBT, and identify core treatment strategies for managing difficult behaviours and avoiding therapeutic impasses.

December 4<sup>th</sup> and 5<sup>th</sup>, 2008 (accreditation pending)

### **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 and to coach patients to use DBT skills and respond to client objections.

Date TBA (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.

Date 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.

Date TBA (accreditation pending)

# DIALECTICAL BEHAVIOUR THERAPY CERTIFICATE PROGRAM

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Full Name \_\_\_\_\_ Title \_\_\_\_\_ Suffix \_\_\_\_\_

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Company/Institution \_\_\_\_\_

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Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

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Telephone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

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## DBT Certificate Program

**Certification Administration Fees** \$100.00

**Total** \_\_\_\_\_

### Method of Payment (By Cheque Only)

- Payable to **Centre for Addiction & Mental Health** (Please quote "DBT Certificate Program" in memo line of cheque).

cheque Number \_\_\_\_\_

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Participant Name \_\_\_\_\_

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Address \_\_\_\_\_

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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  
Centre for Addiction and Mental Health  
33 Russell Street  
Toronto, Ontario M5S 2S1

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

Tel: (416) 535-8501 Ext. 6683  
Fax: (416) 595-6399  
E-mail: shira\_green@camh.net