

CME

Dialectical Behaviour Therapy: Intermediate Level Training

MAY 6th & 7th, 2010

Dialectical Behaviour Therapy: Intermediate Level Training is a hands-on course providing in-depth training on the implementation of DBT across disorders and settings. This course is designed for clinicians who are interested in applying DBT with their patients whether or not they are involved in, or plan to implement, a comprehensive DBT program. The application of DBT by clinicians doing individual and/or group therapy can help to reduce clinician burnout and increase motivation to work with patients with multiple co-occurring disorders. Particular attention is given to the challenges of working with patients presenting with borderline personality features. The strongly recommended readings for this course are *Cognitive-Behavioral Treatment of Borderline Personality Disorder* by Marsha Linehan, *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan, and *Dialectical Behavior Therapy in Clinical Practice: Applications Across Disorders and Settings* by Linda Dimeff and Kelly Koerner.

The pre-requisite for this course is a two-day introductory level DBT training.

DBT: Intermediate Level Training qualifies as part of the **Dialectical Behaviour Therapy Certificate Program**. For more information, please contact Shira Green at 416-535-8501 ext. 6683 or e-mail shira_green@camh.net

FACULTY

Shelley McMain, Ph.D., C. Psych is a researcher, clinician, and educator. As Head of the Borderline Personality Disorder (BPD) Clinic at CAMH and Assistant Professor of Psychiatry at U of T, she has published on Dialectical Behaviour Therapy, personality disorders, the treatment of people diagnosed with concurrent disorders and psychotherapy research. A frequent speaker on DBT, she offers consultation to hospitals on the co-ordination of Dialectical Behaviour Therapy services.

Robert J. Cardish, MD, FRCPC is the Senior Psychiatrist in the CAMH Borderline Personality Disorder Clinic and Assistant Professor of Psychiatry at U of T. Dr. Cardish has over 20 years of experience in treating Borderline Personality Disorder and has practiced DBT for five years. He is a co-investigator in the CIHR multi-site trial of treatments for BPD and has given numerous presentations on BPD.

Carmen Wiebe, MD, FRCPC is a staff psychiatrist in the CAMH BPD Clinic and Lecturer in Psychiatry at the U of T. She coordinates the BPD Clinic Consultation Service, and offers individual therapy, group skills training and medication management within the DBT program. Dr. Wiebe teaches extensively across Ontario on BPD and DBT.

Shira Green MSW, RSW is a therapist in the Borderline Personality Disorder (BPD) clinic at CAMH. She joined CAMH in 2002 after receiving her Master of Social Work degree from the University of Michigan. In addition to her clinical work, Shira is involved in the development and facilitation of outreach, education and training programs for family members, consumers and health care providers, with a focus on DBT and BPD.

WHO SHOULD ATTEND

This course is designed for mental health professionals who have completed an introductory level two-day DBT training and are interested in furthering their knowledge and implementation of DBT. This course is suitable for clinicians working in a variety of treatment settings across diverse patient populations.

FORMAT

This workshop will include a variety of teaching methods and media, such as didactics, small group exercises, large group discussion, video or DVD clips and role plays. Attendees are encouraged to bring their questions and clinical cases.

LEARNING OBJECTIVES

- Develop a DBT case formulation
- Validate patients using a variety of methods
- Identify, analyze and solve problematic behaviours
- Coach patients to use DBT skills
- Implement strategies to reduce polarizations with patients and teams

AGENDA TOPIC

THURSDAY MAY 6th, 2010

- 08:30 – 09:00 Registration
- 09:00 – 10:30 **Overview of Case Formulation**
- 10:30 – 10:45 Break
- 10:45 – 12:00 **Validation & Case Formulation**
- 12:00 – 13:00 Lunch (on your own)
- 13:00 – 14:30 **Problem Solving & Case Formulation**
- 14:30 – 14:45 Break
- 14:45 – 16:15 **Formulating a Case**
- 16:15 – 16:30 Q & A, Evaluation

FRIDAY MAY 7th, 2010

- 08:30 – 09:00 Sign-in
- 09:00 – 10:30 **DBT Skills Coaching Protocol**
- 10:30 – 10:45 Break
- 10:45 – 12:00 **DBT Skills Coaching Protocol**
- 12:00 – 13:00 Lunch (on your own)
- 13:00 – 14:30 **Avoiding Polarization**
- 14:30 – 14:45 Break
- 14:45 – 16:15 **Avoiding Polarization**
- 16:15 – 16:30 Q & A, Evaluation

Note: All sessions include 25% time for Q & A

LOCATION

Centre for Addiction and Mental Health
 33 Russell Street, Toronto, Ontario
 (One street north of College, east of Spadina)

Underground Parking access
 (north of College on the east side of Spadina)

REGISTRATION FEE

Professional Participant Fee: \$495 CAD
Group discounts available – see contact info below
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION

Mail to: **Geneviève Poulin**, CME Program
 Centre for Addiction and Mental Health
 33 Russell Street, Room 2017, Toronto, Ontario, M5S 2S1
or fax to: 416 595-6644. Please call 416 535-8501 Ext. 6017 to confirm receipt of your fax.
For more information, call Geneviève at:
 Tel: 416 535-8501 Ext. 6017;
 E-mail: cme@camh.net

CANCELLATION AND REFUNDS

A **\$75.00** administrative fee will be deducted upon cancellation. Refund requests (by fax or e-mail) must be received by: **April 22nd, 2010**
***Please call 416 535-8501 Ext. 6017 to confirm receipt of your fax.**

ORGANIZING COMMITTEE

- *from the Department of Psychiatry, University of Toronto
- Shelley McMain***, Head of BPD Clinic, CAMH, Course Director
- Shira Green**, MSW, RSW, Social Worker, CAMH
- Robert Cardish***, Senior Psychiatrist, BPD Clinic, CAMH
- Carmen Wiebe***, Staff Psychiatrist, CAMH
- Sagar Parikh***, MD, FRCPC, Director of CME, CAMH and Professor of Psychiatry at the University of Toronto
- Tajman Grewal**, MSc., Psychotherapist, Sherbourne Health Centre
- Pamela Stewart***, MD, CCFP, FRCPC, Staff Psychiatrist, CAMH
- Phil Walsh**, B.Sc., MD, CM
- Tazyia Lakkotrypis**, Education Associate at CAMH

ACCREDITATION

Pending.

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PLEASE PRINT CLEARLY
 PLEASE DESCRIBE YOUR PREVIOUS TRAINING IN DBT

Title of course: _____ Names of course instructors: _____
 Date of course: _____ Course Location: _____

Ms. Mr. _____ Degree(s): _____
Last Name First Name

Private practice _____

Organization: _____ Professional Title: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

E-mail: _____

Tel: Bus. (____) _____ Ext. ____ Fax: (____) _____

Payment Method:

Cheque Cheque Number: _____ (Make cheques payable to Centre for Addiction & Mental Health)

VISA MC Card Number: _____ Expiry Date: ____ / ____

Name on Card: _____ Authorized Signature: _____



REGISTRATION FORM