

# Dialectical Behaviour Therapy: *The Basics*

# CME

December 4<sup>th</sup> & 5<sup>th</sup>, 2008

**Dialectical Behaviour Therapy (DBT)** is an innovative treatment developed by Marsha Linehan specifically for chronically suicidal patients with **Borderline Personality Disorder (BPD)**, however DBT is also being used to treat other populations including patients with eating disorders, addictions, anger problems and other impulsive behaviours. In addition, it has been adapted for adolescent mental health populations and for inpatient settings. This empirically validated treatment has been shown to help patients reduce suicidal and self-harm behaviour, reduce frequency of hospitalizations, remain engaged in therapy, and decrease substance use. DBT blends cognitive and behavioural interventions with acceptance-based strategies derived from mindfulness. A primary therapeutic task is to balance acceptance of the patient with a focus on change. Patients are taught a number of coping skills including mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. Problematic behaviours are addressed in therapy using behavioural analyses and are hierarchically targeted.

While DBT: The Basics may be taken alone; we are excited to offer it as one of four courses, which qualify for the **Dialectical Behaviour Therapy Certificate Program**. For more information, please contact **Shira Green** at 416-535-8501 ext. 6683 or email: [shira\\_green@camh.net](mailto:shira_green@camh.net)

## FACULTY

**Shelley McMMain, Ph.D., C. Psych** is a researcher, clinician, and educator. As Head of the Borderline Personality Disorder (BPD) Clinic at Centre for Addiction and Mental Health and Assistant Professor of Psychiatry at University of Toronto, she has published extensively on DBT, 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 DBT services.

**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.

**Robert J. Cardish, MD, FRCPC** is the Senior Psychiatrist in the CAMH BPD Clinic and Assistant Professor of Psychiatry at the U of T. With over 20 years of experience in treating BPD, he has practiced DBT for five years. Dr. Cardish is a co-investigator in the Canadian Institute Health Research multi-site trial of treatments for BPD and has given numerous presentations on BPD.

## WHO SHOULD ATTEND

This course is designed for family physicians and mental health professionals with or without familiarity with DBT who are interested in learning strategies to treat individuals with BPD and other multi-disordered populations.

## FORMAT

Each hour includes highly interactive lectures, with various other techniques throughout the day including skills modelling, role-playing and video demonstrations.

## LEARNING OBJECTIVES

- ❖ Explain the DBT biosocial theory
- ❖ Understand how to competently structure DBT
- ❖ Identify core treatment strategies for managing difficult behaviour and avoiding therapeutic impasses

**THURSDAY, DECEMBER 4<sup>TH</sup>, 2008**

- 08.30 ~ 09.00 Registration
- 09.00 ~ 10.30 **Theoretical basis & biosocial theory**
- 10.30 ~ 10.45 Break
- 10.45 ~ 12.00 **Structuring treatment and Getting Started**
- 12.00 ~ 13.00 Lunch (on your own)
- 13.00 ~ 14.30 **Mindfulness and Distress and Tolerance Skills**
- 14.30 ~ 14.45 Break
- 14.45 ~ 16.15 **Validation Strategies**
- 16.15 ~ 16.30 Evaluation

**FRIDAY, DECEMBER 5<sup>TH</sup>, 2008**

- 08.30 ~ 09.00 Sign-in
- 09.00 ~ 10.30 **Behavioural Strategies**
- 10.30 ~ 10.45 Break
- 10.45 ~ 12.00 **Dialectical Strategies**
- 12.00 ~ 13.00 Lunch (on your own)
- 13.00 ~ 14.30 **Interpersonal Effectiveness and Emotional Regulation Skills**
- 14.30 ~ 14.45 Break
- 14.45 ~ 16.15 **Putting it all together**
- 16.15 ~ 16.30 Evaluation

**LOCATION**

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

**REGISTRATION FEE**

**Professional Participant Fee: \$395.00 CAD**  
**Group discounts available – see contact info below**  
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM

**REGISTRATION**

Mail this form 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**

**For more information, call Geneviève at:**

Tel: 416-535-8501 Ext. 6017

E-mail: [cme@camh.net](mailto:cme@camh.net)

**NOTE**

**Due to the interactive training format of this course, registration is restricted to 36 participants**

**CANCELLATION AND REFUNDS**

A **\$75.00** administrative fee will be deducted upon cancellation. Refund requests (by fax or e-mail) must be received in writing by:  
**November 20<sup>th</sup>, 2008**

**ORGANIZING COMMITTEE**

\*from the Department of Psychiatry, University of Toronto

- Shelley McMMain\***, Head of BPD Clinic, CAMH, Course co-director
- Shira Green**, MSW, RSW, Therapist, CAMH, Course co-director
- Robert Cardish\***, Senior Psychiatrist, BPD Clinic, CAMH
- Carmen Wiebe**, Staff Psychiatrist, CAMH
- Sagar Parikh**, MD, FRCPC, Director of CME, CAMH and Associate Professor at the University of Toronto
- Pamela Stewart\***, MD, CCFP, FRCPC, Staff Psychiatrist, CAMH
- Tazyia Lakkotrypis**, Education Associate, CAMH

**ACCREDITATION**

Pending.

**DBT: The Basics 2008**

**REGISTRATION FORM**

**PLEASE PRINT CLEARLY**

What is your level of training in this topic?  Novice  Intermediate  Advance

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  AMEX Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Name on Card: \_\_\_\_\_ Authorized Signature: \_\_\_\_\_