

CME

Dialectical Behaviour Therapy: The Basics

SEPTEMBER 22nd & 23rd, 2011

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 e-mail shira_green@camh.net

FACULTY

Lyndsey Davies, MSW, RSW received her Master of Social Work from Wilfred Laurier University in 1998. She has been working at CAMH since 1999 in the areas of both addictions and mental health and has provided numerous trainings and workshops in the areas of substance use and mental health issues. Lyndsey is currently a therapist in the BPD Clinic, offering DBT in both the comprehensive DBT program and 20 week skills group.

Andrew Ekblad, Ph.D., C. Psych. is a Project Scientist in the BPD Clinic at CAMH and an Adjunct Professor of Clinical Psychology at the University of Waterloo. Dr. Ekblad has presented and published on DBT, mindfulness, borderline personality disorder, substance abuse and mentoring. Dr. Ekblad leads educational seminars and workshops for hospital, university and community mental health practitioners

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.

Janice Weston, MA is a therapist in the BPD clinic at CAMH. Janice works with individuals with BPD, co-facilitates skills groups and co-facilitates a psycho-ed and support group for family and friends of individuals with BPD. Janice has been involved in the delivery of numerous DBT education and training sessions.

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 day includes highly interactive lectures, as well as modeling, role-playing and video demonstrations.

LEARNING OBJECTIVES

- Explain the DBT biosocial theory
- Describe how to structure DBT
- Discuss the content of the four skills modules
- Identify core treatment strategies for managing difficult behaviour and avoiding therapeutic impasses.

THURSDAY SEPTEMBER 22nd, 2011

- 08:30 – 09:00 Registration
- 09:00 – 10:30 **Theoretical basis & biosocial theory**
(Lyndsey Davies)
- 10:30 – 10:45 Break
- 10:45 – 12:00 **Treatment overview and goals**
(Lyndsey Davies)
- 12:00 – 13:00 Lunch (on your own)
- 13:00 – 14:30 **Behavioural strategies:
Behavioural Analyses and contingency
management** (Andrew Ekblad)
- 14:30 – 14:45 Break
- 14:45 – 16:15 **Behavioural strategies:
Behavioural Analyses and contingency
management** (Andrew Ekblad)
- 16:15 – 16:45 Q & A, Evaluation

FRIDAY SEPTEMBER 23rd, 2011

- 08:30 – 09:00 Sign-in
- 09:00 – 10:30 **Commitment strategies**
(Shira Green)
- 10:30 – 10:45 Break
- 10:45 – 12:00 **Mindfulness and Distress
Tolerance skills** (Shira Green)
- 12:00 – 13:00 Lunch (on your own)
- 13:00 – 14:30 **Validation** (Janice Weston)
- 14:30 – 14:45 Break
- 14:45 – 16:15 **Interpersonal Effectiveness & Emotion
Regulation Skills** (Janice Weston)
- 16:15 – 16:45 Q & A, Evaluation

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

LOCATION

Centre for Addiction and Mental Health
33 Russell Street, Room 2029

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

REGISTRATION FEE

Professional Participant Fee: \$395 CAD
Group discounts available – see contact info below
FULL PAYMENT MUST ACCOMPANY REGISTRATION FORM.

REGISTRATION

Mail to: **Janey Haggart**, CME Program
Centre for Addiction and Mental Health
33 Russell Street, Room 4006, Toronto, Ontario, M5S 2S1
or fax to: **416 595-6617**. Please call **416 535-8501 x 6021**
to confirm receipt of your fax.

For more information, call Janey at:

Tel: 416 535-8501 Ext. 6021;
E-mail: 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 by: **September 10th, 2011**
***Please call 416 535-8501 Ext. 6021 to confirm receipt
of your fax.**

ORGANIZING COMMITTEE

- *from the Department of Psychiatry, University of Toronto
- Shelley McMain***, PhD, C Psych, Head of BPD Clinic, CAMH,
Course Director
- Shira Green**, MSW, RSW, Social Worker, BPD Clinic, CAMH
- Robert Cardish***, MD, FRCPC, Senior Psychiatrist,
BPD Clinic, CAMH
- Carmen Wiebe***, MD, FRCPC, Staff Psychiatrist,
BPD Clinic, CAMH
- Pamela Stewart***, MD, CCFP, FRCPC, Staff Psychiatrist, CAMH

DBT: The Basics 2011

PLEASE PRINT CLEARLY
PLEASE DESCRIBE YOUR PREVIOUS TRAINING IN DBT

Title of course: _____ Names of course instructors: _____

Date of course: _____ Course Location: _____

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

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