

# CME

# Dialectical Behaviour Therapy: Intermediate Level Training

## OCTOBER 27 & 28, 2011

**Dialectical Behaviour Therapy: Intermediate Level Training** provides an 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](mailto:shira_green@camh.net)

### FACULTY

**Shelley McMains, 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.

**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.

**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.

**Carmen Wiebe, MD, FRCPC** is a staff psychiatrist in the Borderline Personality Disorder Clinic at CAMH, and Assistant Professor in Psychiatry at the University of Toronto. She offers individual therapy, group skills training and medication management within the Dialectical Behaviour Therapy program. She coordinates University of Toronto psychiatry resident exposure to Dialectical Behaviour Therapy. She also teaches extensively across Ontario on BPD and DBT, and has received three teaching awards in Continuing Mental Health Education.

### 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

Each day includes highly interactive lectures, with various other techniques throughout the day including role playing, videotaped clinical vignettes, experiential exercises and Q & A.

### LEARNING OBJECTIVES

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

**AGENDA 2011 TOPIC**

**THURSDAY, OCTOBER 27**

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

**FRIDAY, OCTOBER 28**

- 08:30 – 09:00 Sign-in
- 09:00 – 10:30 **Avoiding Polarization**
- 10:30 – 10:45 Break
- 10:45 – 12:00 **Avoiding Polarization**
- 12:00 – 13:00 Lunch (on your own)
- 13:00 – 14:30 **DBT Skills Coaching Protocol**
- 14:30 – 14:45 Break
- 14:45 – 16:15 **Responding to Objections to Skills**
- 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: \$495 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 x6021**  
to confirm receipt of your fax.

**For more information, call Janey at:**  
Tel: 416 535-8501 Ext. 6021;  
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 by: **October 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
- Tajman Grewal**, MSc., Psychotherapist, Sherbourne Health Centre
- Pamela Stewart\***, MD, CCFP, FRCPC, Staff Psychiatrist, CAMH
- Phil Walsh**, B.Sc., MD, CM

**DBT Intermediate 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. \_\_\_\_\_ 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**