

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

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.

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

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: _____

Date of course: _____

☐ Ms. ☐ Mr. _____
Last 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