



2 DAY INTENSIVE DIALECTICAL BEHAVIOUR THERAPY TRAINING

Dialectical Behaviour Therapy (DBT) was developed by Prof. Marsha Linehan, Ph.D., at the University of Washington in the late 1970's. She added acceptance, dialectics and validation strategies to cognitive-behavioural treatment for clients diagnosed with borderline personality disorder (BPD) who often presented with chronic patterns of suicidal or other severe dysfunctional behaviours and named the therapy Dialectical Behaviour Therapy (DBT). In her 2nd Edition 'DBT Skills Training Manual 2015' she has explained how useful DBT can be useful for many other client groups and has given examples of how DBT can be modified to assist these clients. She has also added a variety of new skills to the original modules for skills training.

It is not unusual for individuals diagnosed with BPD to also struggle with other problems -- depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, eating disorders, or alcohol and drug addictions. It's important to note that DBT is an "empirically-supported treatment" for BPD sufferers. DBT skills are extremely useful for people in assisting in the management of impulsive behaviours, mood changes, emotional dysregulation, anxiety, depression and concentrates on **urges** to use substances, food, gambling etc. to avoid or get rid of uncomfortable or intense emotions. DBT gives clients concrete skills and strategies to manage disruptive emotional experiences.

This 2 day Intensive "Dialectical Behaviour Therapy Training" is designed to assist practitioners gain knowledge of how to work with DBT as individual therapists and also as skills group trainers/facilitators. Training can be tailored to specific region's needs and information on how to set up a DBT program including Therapists Consult groups is also included.

Megan has worked as a DBT Consultant for many years, developing many programs for health care organizations around Australia. She has trained around 500 Health Care Professionals in the last 2 years. Megan is a registered Art Therapist and she includes in the training one art exercise which is paired with one of the DBT Skills. (No artistic talent required) Megan likes to show participants of her trainings how creativity can be a useful tool alongside DBT Skills. She will also show clients images to describe how this non-verbal activity can assist in learning DBT Skills. The experience of making and having a visual reminder helps clients learn and remember DBT Skills.

DAY 1
Biosocial Theory of Borderline Personality Disorder, DSM1V/V, Description of Dialectical Behaviour Therapy and Statistics
5 Functions of Treatment, Standards and Modes of Treatment, Researched Model of DBT description
Dialectics and Validation
Strategies of Encouragement, Genuineness, DBT Styles of communication
Pre-Treatment Stage, Orienting and Commitment Strategies, Goals, Patients and Therapists Agreements
Stages and Targets of Treatment
Individual DBT Therapy, Crisis Intervention, Suicide Risk Assessment, Phone Coaching, Treating Wilfullness, Diary Cards, Chain Analysis
Implementing DBT in a System, DBT Consultation Team Agreements
Wise Mind Skill and Art Exercise
DAY 2
Changes in 2 nd Edition DBT Skills Training 2015
DBT For Adolescents and suggested Skills Training for non BPD patients in a variety of settings

Skills Training Group, Group Rules, Four skills of DBT
Mindfulness, States of Mind – Art Exercise
Distress Tolerance
Emotional Regulation
Interpersonal Effectiveness
Assumptions of DBT, Resources

Training Objectives:

Participants will:

- gain knowledge of the philosophy of DBT, the structure of the therapy and statistical information on the researched model. Discussion of latest research for the use of DBT in a variety of settings.
- gain knowledge of how to teach 'crisis survival' techniques and address suicide ideation, self-harm and impulsive destructive behaviours of patients
- gain knowledge in how to work dialectically using validation and acceptance strategies with patients.
- gain knowledge in how to look after oneself as a clinician and gain supportive supervision within the DBT frame to help assist in working with patients who present with high levels of emotional dysfunction.
- gain knowledge of all four skills of DBT, Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectives, including the additions of new skills added in 2nd Edition DBT Training 2015 (Prof Marsha Linehan)
- gain knowledge in how to teach a skills training group
- gain knowledge in working with many client groups that experience emotional dysregulation and working with DBT with adolescents
- gain knowledge in how to work with a non-verbal approach using creativity alongside the skills of DBT.

RECOMMENDATION (You may wish to purchase these books via the internet prior to the training – I do not supply them):

DBT Skills Training Manual Second Edition 2015, Marsha M. Linehan (The Guilford Press NY) (this is the new 2015 teaching manual and research data). If you buy the 2nd Edition Manual there is no need to buy worksheets and handouts book as they are available to you on-line.

DBT Skills Manual for Adolescents 2015 – Jill H Rathus and Alec L Miller: (The Guilford Press NY)(this is the new 2015 Adolescent Manual which has teaching notes and handouts and worksheets all in one book and is designed directly for adolescents.

Where: In every State of Australia and in New Zealand

14 hours CPD

Cost: \$AU550 Full Fee. Early-bird rate of \$AU495 (Including GST) if paid one month in advance. Discount charge of \$AU440 available for group attendance and students.

SWIFT CODE FOR NZ PAYMENTS IF DIRECT DEBIT: NATAAU 3303M

Payments can be made by direct debit (account details on Registration Form or by going to www.expressivetherapyclinic.com.au go to 'Register Now' tab at top of home page, select which training you wish to attend and follow instructions to pay by credit card. If your workplace or someone else is paying on your behalf **please make sure the attendees name is mentioned on the payment information.**

All Expressive Therapy Clinic programs are endorsed for professional development points with:



And listed on Australian Psychological Society's webpage

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