

Using Dialectical Behaviour Therapy Strategies to Manage Difficult, Therapy-Interfering Behaviours

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Friday, May 4, 2012, 9:00am to 4:30pm

Italian Cultural Centre, Trattoria Hall, 3075 Slocan St, Vancouver BC

The DBT Centre of Vancouver is pleased to announce a one-day workshop designed to assist clinicians struggling with treatment-resistant clients. This workshop will provide participants with practical strategies to manage such therapy-interfering behaviours as inconsistent attendance, lateness, anger outbursts, and failure to follow through with homework.

Dialectical Behavior Therapy (DBT) is the most widely researched treatment for problems characteristic of Borderline Personality Disorder, including recurrent self-harm and suicidality. Special attention is given in DBT to reducing behaviours that frequently interfere with treatment. It places a high priority on addressing challenging client behaviours and helping therapists maintain compassion in the face of emotional storms and chaos.

Training Objectives

This workshop is designed to teach clinicians strategies regularly used in DBT to better understand and manage the types of therapy-interfering behaviours that often frustrate and overwhelm clinicians. At the end of this session, participants should be able to:

- Identify assessment strategies for better understanding therapy interfering behaviours
- Employ non-judgmental techniques to improve empathy
- Recognize the role of behavioural principles in hindering change
- Describe the seven different levels of validation used in DBT
- Understand the role of problem-solving and contingency management in reducing therapy interfering behaviours

Attention is also given to consulting on cases presented by workshop participants.

This workshop is designed for psychologists, psychiatrists, social workers, counsellors, occupational therapists, and other mental health professions struggling with hard-to-treat behaviours. The workshop will be most useful for clinicians using a behavioural, cognitive-behavioural, dialectical behavioural or mindfulness-based approach.



About Dr. Wagner

John Wagner, Ph.D., is a Registered Psychologist and Director of the DBT Centre of Vancouver. He completed a 2-year post-doctoral fellowship working with Dr. Marsha Linehan, who developed DBT. Dr. Wagner regularly provides consultation and training to area providers. His full bio can be found at www.dbtvancouver.com.

CE Credits

The DBT Centre of Vancouver is approved by the Canadian Psychological Association as a provider of continuing education activities, and attendees will receive a certificate confirming attendance for 6 CE Credits.

All materials and lunch will be provided. You can register by completing the [registration form](#) and sending via mail, email, or fax with payment to:

DBT Centre of Vancouver
Attn: May TIB workshop
Suite 1040, 1200 Burrard St
Vancouver BC V6Z 2C7
info@dbtvancouver.com
Ph: 604-569-1156
Fax: 604-569-1230

If you have any additional questions, please contact the DBT Centre at info@dbtvancouver.com.

Registration Fee (registration closes April 27, 2012)

Full-Time Student (register by April 6)	\$70 + \$8.40 (HST) = \$78.40
Full-Time Student (register after April 6)	\$80 + \$9.60 (HST) = \$89.60
Professional (register by April 6)	\$140 + \$16.80(HST) = \$156.80
Professional (register after April 6)	\$160 + \$19.20 (HST) = \$179.20