

Dialectical Behaviour Therapy

Basics and Beyond

Dialectical Behaviour Therapy (DBT) is a comprehensive treatment approach for chronically suicidal clients. However, in the last decade DBT has received empirical support to treat other populations including eating disorders, addiction, anger problems and other mood disorders. Additionally, it has been adapted for adolescent mental health populations, inpatient, residential and forensic settings. DBT clients are taught more skillful ways to regulate their emotions, effectively manage the distressing situations in their lives, and improve and maintain relationships with the people around them. These skills are taught within a caring treatment relationships that accepts the client for who and where they are while maintain a movement towards creating “a life worth living”.

About the Presenter.

Elisha Van Harte, MSW RSW is the founder of By Clinical Design, a mental health treatment, training and development company, as well as working in private practice and as the Clinical Implementation Lead at Kinark Child and Family Services. Over the last 15 years Elisha has held many clinical and managerial roles within the mental health inpatient and community based sectors. Within all of her roles, Elisha has facilitated clinical implementations of Dialectical Behaviour Therapy as well as providing education, training and supervision in the practice of DBT, CBT and other evidenced based interventions.



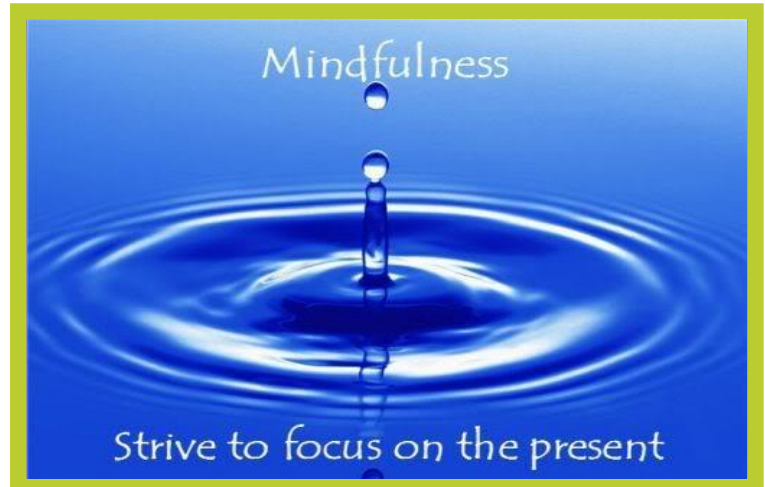
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Cost: \$250 Check payable to Elisha Van Harte

Register: By phone, email or mail



Topics Covered:

- Theoretical Basis and Biosocial Theory.
- Treatment Overview and Goals.
- Balancing Validation and Acceptance.
- Behavioural Chain and Solution Analysis.
- DBT Skills Group.

Learning Objectives:

- Understand the theory underpinning the Intervention.
- Describe how to structure DBT.
- Understand mindfulness and other core skills taught within the intervention.
- Identify core treatment strategies for managing difficult behaviour and avoiding therapeutic impasses.