

2-DAY SEMINAR
29-30 October 2009

USE OF DIALECTICAL BEHAVIOURAL THERAPY IN COMPLEX PTSD



Presenter Profile—PETER KING

Peter received his undergraduate Degree and a Post-Graduate Diploma in Psychiatric Nursing from Latrobe University. Having previously worked for over 10 years in the public mental health system, Peter King spent the past 3 years developing the Centre for Evidence Based Mental Health and working as CEO of Jerrboongun Unity Foundation.

Peter has extensive clinical experience in assessing and treating chronically suicidal individuals with Borderline Personality Disorders in various clinical roles spanning some fifteen years and has consolidated this experience both here and in the USA through the mentoring with Marsha Linehan's company Behavioral Tech LLC. Peter provides extensive training in DBT as a senior trainer with the Centre for Evidence Based Mental Health providing introductory and advanced level trainings, as well as consultation and supervision in DBT.

Dialectical Behavioural Therapy (DBT) was originally developed by Marcia M. Linehan to address the impulsive behaviours, chaotic life and emotional deregulation associated with Borderline Personality Disorder (BPD). DBT has been proven to be useful in the treatment of the same difficulties in individuals with Post-Traumatic Stress and Complex PTSD.

This seminar will explore a dialectical biosocial theory of BPD used to guide treatment planning, as well as DBT treatment targets and how to structure treatment for individuals at high risk for life threatening behaviours.

The seminar will discuss treatment strategies used in all modes of DBT, including individual psychotherapy, psycho-educational skills training, and telephone coaching. It will also explore strategies to respond sensitively and effectively to refugees and asylum seekers who are suffering from the sequelae of trauma, and the application of the skills module in DBT and treatment of at risk and suicidal behaviours.

(Please see following page for seminar outline)

2-Day Seminar Details

Time:

9.30am-4.30pm

(Please arrive at 9.00am to register)

Cost: \$320

(Before 23 October 2009)

Includes refreshments and handouts

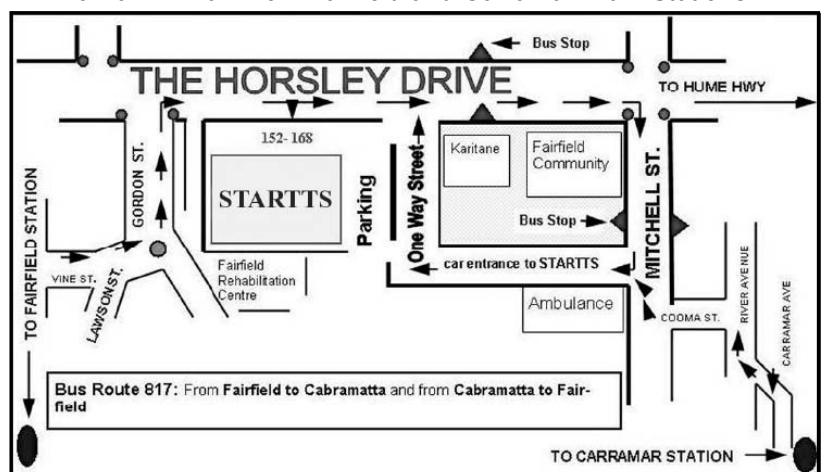
(Please see registration form attached for student discounts/ late registration fees)

For more information about STARTTS

www.startts.org.au

Venue Details:

Large Group Room, STARTTS Office
152-168 The Horsley Drive, Carramar, Sydney, NSW
Free parking on site,
15-20 min walk from Fairfield and Carramar Train Stations



SEMINAR OUTLINE

DAY 1: Commitment to Dialectical Behaviour Therapy (Why DBT?)

Focus on overall application of Dialectical Behaviour Therapy geared towards all participants having an understanding of, commitment to and benefits Dialectical Behaviour Therapy (DBT) can have for your clients. Day one will explore DBT that offers skills based non - judgemental approach to the management of client's with Borderline Personality Disorder and clients who are self harming. In particular key concepts of Core Mindfulness and Distress Tolerance as acceptance based modules; teaching clients how to live with reality "as it is" will be explored. Emotion Regulation and Interpersonal Effectiveness as change - oriented modules, teaching clients how to alter themselves or their environments will also be addressed.

Stylistic strategies:

How to reframe suicidal and other behaviours as part of the clients learned 'problem solving' repertoire. Participants will learn to balance active problem solving with validating the client's current emotional state and behavioural responses. This session will teach you to blend a 'matter - of - fact', irreverent attitude towards current and previous dysfunctional behaviours with warmth, flexibility and responsiveness to the client.

Attention to contingencies:

Ways to influence behaviour. BPD individuals actively avoid threatening situations. This session will assist participants to expose client in session and *in vivo* to fear eliciting stimuli. Participants will learn to arrange and encourage exposures.

Validation:

This session will be an in - depth practice of validating the client's thoughts feelings and actions. Participants will learn to search for the grain of wisdom or truth in each client response and know how to communicate that to the client. The emphasis here is on building and maintaining a positive, interpersonal, collaborative relationship between client and therapist

Format and organization of sessions:

Learn how to structure a session and stay on task. Learn how to use diary cards to maximize success of a session. Participants will learn to manage issues that come up in session in a timely manner and how to conduct chain analysis of problem behaviours.

DAY 2: Putting Skills into Practice

Core Mindfulness Skills:

Learn how to practice mindfulness with your clients every session. This session will focus on using skills to balance emotion mind and reasonable mind to achieve wise mind. Participants will practice strategies through roles play and observe and describe skills that will then be able to impart to clients.

Interpersonal effectiveness skills:

Learn effective strategies for asking for what one needs, saying no and coping with conflict. Learn how to assist your clients in analysing a situation and determining goals for interpersonal effectiveness.

Emotion regulation skills:

Suicidal behaviours are often behavioural solutions to intolerably painful emotions. Learn to assist clients in identifying the difference between their primary emotion (adaptive and appropriate to the context), and their secondary response (intense shame, anxiety or rage). Learn ways of exposing your client to their primary emotion in a non judgmental atmosphere.

Distress tolerance skills:

The ability to tolerate and accept distress is essential. Learn how to teach clients to perceive their own environment without putting demands on it to be different. Learn how to teach clients to experience their own emotional state without attempting to change it, and to observe their own thoughts and action patterns without attempting to stop or control them.

Registration Form - DBT - 29-30 October 2009

For any questions please phone STARTTS on 02-9794-1900. Ask for Jacqui Donoso.

You must fill out this registration form to register

Email this form to: jacqueline.donoso@sswahs.nsw.gov.au

Fax this form to: 02-9794-1910. Attention: Jacqui Donoso.

Post this form to: STARTTS, PO Box 203, Fairfield NSW 2165

Standard Registration

(payment in full before 5pm,
23 October 2009)

\$320 \$300 (Students)

Late Registration

(payment in full before 5pm,
27 October 2009)

\$350 \$330 (Students)

Special Dietary Requirements:

Halal

Vegan

Gluten Free

Other _____

Payment details

Payment can be made by credit card (Visa and MasterCard), cheque or money order

Please make cheque or money order payable to "STARTTS"

Name: _____ Email: _____

Address: _____

Phone: _____ Mobile: _____

Payment Method:

Cheque: Attached is my payment of \$ _____

Credit Card: Visa / MasterCard (Please circle) Card No.: _____ / _____ / _____ / _____

Name on card: _____ Expiry date: ____ / ____ Amount: \$ _____

Signature: _____

Terms and conditions

-No registrations will be accepted after 27/10/09.

-Registrations will not be confirmed until full payment is received.

-A receipt will be mailed to you once payment has been received.

-Price includes GST. Registration includes morning tea, buffet lunch and afternoon tea.

-A photocopy or pdf of a valid student card must be forwarded with registration form if the student price is being paid.

-Registration once paid cannot be cancelled, but can be transferred to another delegate.