

DBTNZ IS PLEASED TO OFFER THE FOLLOWING DIALECTICAL BEHAVIOUR THERAPY TRAINING EVENTS FOR 2010:

SCHEDULE OF EVENTS:

1. Coping with Chaos: Treating Multiple Severe Disorders with Dialectical Behaviour Therapy
Wellington, 26th and 27th July 2010
2. Individual Psychotherapy in Dialectical Behaviour Therapy
Auckland, 30th and 31st August 2010
3. Skills Training in Dialectical Behaviour Therapy: The Essentials
Auckland 27th and 28th October 2010
4. Individual Psychotherapy in Dialectical Behaviour Therapy
Wellington, 29th and 30th November 2010

See detailed descriptions of events below

QUICK FACTS:

Auckland Venue: Oakridge House, Unitec, Mt Albert

Wellington Venue: Overseas Terminal, Chaffers Marina, Oriental Bay

Event times: from 8.45am until 4.45pm daily. Registrations from 8.15am on the first day.

Catering: Lunch and tea/coffee refreshments provided

Fees: \$425+GST for each event

All enquiries: info@dbtnz.co.nz or call Lynda or Cathy at SBA Thames (07) 867 9122

DIALECTICAL BEHAVIOUR THERAPY

Dialectical Behaviour Therapy (DBT), developed by Marsha Linehan, Ph.D., at the University of Washington, is a comprehensive cognitive-behavioural treatment for borderline personality disorder (BPD). DBT is especially effective for those with chronic suicidal or other severe, dysfunctional behaviours. Research has shown DBT to be effective in reducing suicidal behaviour, psychiatric hospitalization, dropout from treatment, substance abuse, anger and interpersonal difficulties.

ABOUT DBTNZ

DBTNZ is an international affiliate of US based Behavioral Tech, LLC. Behavioral Tech is the training company established by Dr Linehan to provide training in DBT and related treatments. DBTNZ has been established by a small group of NZ clinicians to enable implementation and delivery of high quality DBT services in New Zealand. There are brief bios of the DBTNZ trainers below.

ABOUT THESE TRAINING EVENTS

These two-day training events are 'official' Behavioral Tech formats developed by Dr Linehan. We are very grateful to Te Pou (www.tepou.co.nz) for their support in establishing DBTNZ and helping to provide these events.

Coping With Chaos: Treating Multiple Severe Disorders with DBT

This two-day workshop is designed to be a comprehensive introductory overview of Dialectical Behaviour Therapy (DBT). It is intended for mental health professionals who wish to acquaint themselves with the treatment or who are considering further training in DBT.

DBT balances change-based technology (behaviour therapy) with acceptance-based principles (validation). Both of these strategies will be introduced along with dialectical strategies (those that provide the balance of acceptance and change). The frame of DBT will be highlighted and the modes and functions of comprehensive DBT will be defined.

Methods of instruction include lecture, videotapes of treatment, and practice exercises to teach the principles and strategies of DBT. Handouts are provided. The following topics are covered:

1) diagnosis and biosocial theory of borderline personality disorder; 2) DBT treatment targets and structure of treatment for multi-problem, high-risk clients, including the modes and functions of comprehensive DBT programs; 3) basic strategies used in DBT, including problem solving, behaviour chain analysis, validation, and dialectical strategies; and 4) brief introduction to DBT group skills training.

Learning Objectives

- Describe the dialectical biosocial theory of borderline personality disorder (BPD) used to guide treatment planning.
- Identify DBT treatment targets and how to structure treatment for multi-problem individuals at high risk for life-threatening behaviours.
- Explain basic strategies used in DBT, including behaviour chain analysis, problem solving, validation, and dialectical strategies.

This training format has previously been offered in New Zealand

Training 1: Wellington

Where: Overseas Terminal, Chaffers Marina, Oriental Bay, Wellington

When: Monday 26th and Tuesday 27th July 2010 (2 days)

Times: 8.45am until 4.45pm daily. Registrations from 8.15am on Monday 26th.

Presenters: Roy Krawitz and Mike Batcheler (see bio info below)

Fees: \$425+GST. Lunch and tea/coffee refreshments provided

Registrations: please complete the form below

Individual Psychotherapy in Dialectical Behaviour Therapy

This two-day training is intended for those wanting to develop their DBT psychotherapy skills.

Dialectical Behaviour Therapy (DBT) provides tools and strategies to increase client and therapist motivation, facilitate change in multiple intransigent, severe disorders, and manage crises and difficult problems that arise in session (e.g., dissociation, attacking the therapist, refusing to speak, etc.). Topics will include details and nuances of first sessions of individual psychotherapy in DBT, assessment and treatment of life-threatening behaviours and therapy-interfering behaviours, and coordination of care. Instructors will weave lecture with videotapes, role-play modelling of interventions to illustrate teaching points, and provide opportunities to discuss and practice these skills throughout the workshop.

Learning Objectives

- Identify how change procedures are used in addressing severe and long-standing problems in your practice.
- Describe how individual psychotherapy is combined with other service modes in providing comprehensive treatment.
- Describe how collaborative treatment plans are developed with even the least motivated clients.
- Explain how to generate interventions in changing behaviours that interfere with therapeutic progress, including how to better observe your personal and therapeutic limits.
- Describe the application of dialectical principles and strategies used in avoiding and resolving therapeutic impasses as well as power struggles with your clients.

This training format has not previously been offered in New Zealand

Training 2: Auckland

Where: Oakridge House (Unitec's conference centre). Building 54, Gate 4, Unitec Campus, Carrington Road, Mt Albert, Auckland. General and 'pay and display' on campus by venue.

When: Monday 30th and Tuesday 31st August 2010 (2 days)

Times: 8.45am until 4.45pm daily. Registrations from 8.15am on Monday 30th.

Presenters: Emily Cooney and Mike Batcheler (see bio info below)

Fees: \$425+GST. Lunch and tea/coffee refreshments provided

Registrations: please complete the form below

Training 4: Wellington

Where: Overseas Terminal, Chaffers Marina, Oriental Bay, WELLINGTON

When: Monday 29th and Tuesday 30th November 2010 (2 days)

Times: 8.45am until 4.45pm daily. Registrations from 8.15am on Monday 29th.

Presenters: Emily Cooney and Roy Krawitz (see bio info below)

Fees: \$425+GST. Lunch and tea/coffee refreshments provided

Registrations: please complete the form below



Skills Training in Dialectical Behaviour Therapy: The Essentials

This two-day course is designed for all mental health professionals who want to learn to teach or to improve their teaching of DBT skills to clients.

This training covers the fundamentals of Dialectical Behaviour Therapy (DBT) Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants learn how to set up a group, the group goals and guidelines, begin to teach skills, be a co-leader, identify and solve common problems in skills groups, make skills lectures come alive, give meaningful homework assignments, and review homework assignments in a way that promotes active engagement with different client populations and settings. Instructors will use lecture, practice assignments, role-play, homework review, and question and answer to provide participants with a practical, experiential learning environment. Participants should have read Linehan's (1993) Skills Training Manual for Treating Borderline Personality Disorder prior to attending the training.

Learning Objectives

- Participants will learn the content of four skills training modules of DBT: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness.
- Participants will learn to apply relevant DBT strategies within psycho-educational skills training.
- Participants will learn how to organize and structure skills training classes for clients.
- Participants will learn how to treat therapy-interfering behaviours of clients and therapists.

This training format has not previously been offered in New Zealand

Training 3: Auckland

Where: Oakridge House (Unitec's conference centre). Building 54, Gate 4, Unitec Campus, Carrington Road, Mt Albert, Auckland. General and 'pay and display' parking available on campus.

When: Wednesday 27th and Thursday 28th October 2010 (2 days)

Times: 8.45am until 4.45pm daily. Registrations from 8.15am on Monday 27th.

Presenters: Mike Batcheler and Kirsten Davis (see bio info below)

Fees: \$425+GST. Lunch and tea/coffee refreshments provided

Registrations: please complete the form below

DBTNZ 2010 training



The DBTNZ trainers

Emily Cooney received her doctoral degree and diploma in clinical psychology from the University of Otago, New Zealand. She provided individual and group therapy to children, adolescents, and adults in the United Kingdom and New Zealand before taking a postdoctoral fellowship at the DBT Centre of Seattle. Emily published a chapter on working with suicidal adolescents, and served as a research therapist on two trials of DBT under Dr. Marsha Linehan at the University of Washington. Emily has been a chartered clinical psychologist in the UK, in addition to a licensed psychologist in Washington State. She is currently working at the Kari Centre (the central Auckland CAMHS). She is the principal investigator on a feasibility study comparing DBT with treatment as usual for self-harming adolescents, as well as PI on a small pilot study evaluating outcomes of a DBT skills training group for men with anger problems. She is a DBT trainer for Behavioral Tech, and has provided trainings in DBT for substance use disorders, for adolescents and families and foundation and orientation trainings in DBT.

Dr Roy Krawitz is a psychiatrist (Waikato DHB) and Honorary Clinical Senior Lecturer (Auckland University) specializing for the last 20 years in working with people with borderline personality disorder (BPD). Roy has published research demonstrating the effectiveness of his generic borderline personality disorder trainings (125 two-day trainings), the clinical effectiveness of his past therapy, and the clinical effectiveness of the DBT service in which he works. Roy is the author of more than 10 scientific articles and 4 books on BPD (incl. clinician and client guides published by Oxford University Press; clinician guide also translated into and published in Dutch and Japanese). Roy has been a trainer at five previous Behavioral Tech licensed trainings and provides individual therapy, skills groups, supervision, consultation, training and research in DBT. Roy has a daily mindfulness practice.

Mike Batcheler has worked as a registered clinical psychologist since 1990 in health and corrections settings. He was a founding member of New Zealand's first DBT programme in 1998 and the coordinator of that DBT programme since 2000. He was intensively trained in DBT in 2000 and continues to work as a DBT therapist, skills trainer and programme coordinator in an adult DBT programme. He was a research therapist on the NZ based feasibility study of DBT as a treatment for self-harming adolescents and their families. Mike has considerable experience providing DBT training and consultation in New Zealand health settings and was the first New Zealander to assist in providing a Behavioral Tech DBT intensive training in 2006-2007. He lives in Auckland and is a proud Dad of three beautiful children.

Kirsten Davis is a Clinical Psychologist who received a Doctorate in Clinical Psychology from the University of Auckland, New Zealand. She specialises in working with children, young people and their families. Kirsten has been involved in development and implementation of a DBT Programme for young people and their families in a community mental health setting. Kirsten completed her first Behavioral Tech DBT Intensive Training in 2000. Since that time she has attended three additional Intensive trainings, several 2-day DBT trainings and BTech training for trainers events. She has been either the lead or co-trainer for over 10 DBT workshops. Kirsten has been involved in training and ongoing consultation to support the implementation of DBT programmes in three District Health Board youth services in New Zealand. She is a co-investigator in a randomised feasibility trial for adolescent DBT in Auckland, New Zealand.

DBTNZ 2010 Registration



This becomes a **tax invoice** on payment

Please keep a copy for your records

DBT NZ Limited
GST registration no. 104-573-606

There are 4 steps to registration. Please complete a separate form for each person attending. Registration is only by printing and mailing this form with a cheque or electronic payment. Places are limited and will be allocated on a first-in (form and payment received) basis. Once payment is received, your place will be reserved and you will receive a receipt and confirmation of your reserved place. If there are more people wishing to register than places available, you will be advised and waitlisted to offer you a place should a place become available.



YOUR DETAILS:		Today's Date:	
First Name:		Family Name:	Title:
Organisation:			
Full Postal Address:			Post Code:
Phone:	Mobile:	Email:	
Any Particular Requirements (Dietary, Wheelchair...)?			



REGISTER FOR EVENTS:

Tick the box of the events that you are registering for:

- | | | |
|--------------------------|--|-----------|
| <input type="checkbox"/> | 1. Coping with Chaos: Treating Multiple Severe Disorders with Dialectical Behaviour Therapy. Wellington , 26th and 27th July 2010 | \$425+GST |
| <input type="checkbox"/> | 2. Individual Psychotherapy in Dialectical Behaviour Therapy. Auckland , 30th and 31st August 2010 | \$425+GST |
| <input type="checkbox"/> | 3. Skills Training in Dialectical Behaviour Therapy: The Essentials. Auckland 27th and 28th October 2010 | \$425+GST |
| <input type="checkbox"/> | 4. Individual Psychotherapy in Dialectical Behaviour Therapy. Wellington , 29th and 30th November 2010 | \$425+GST |



CONFIRM PAYMENT AND METHOD:

Tick the box indicating the number of events you are registering for and your total payment. Please strike out the lines that do not apply to you:

	Fees	GST	Total payment
<input type="checkbox"/> one event:	\$425	\$53.12	= \$478.12
<input type="checkbox"/> two events:	\$850	\$106.25	= \$956.25
<input type="checkbox"/> three events:	\$1275	\$159.37	= \$1434.37

Tick to indicate your method of payment.

Cheque. Cheques are payable to DBTNZ. Complete and send with this registration form to SBA Thames at the address below.

Electronic payment. Make your payment to: Bank: BNZ Howick
Account number: 02 0168 0052250 00
Account name: DBT NZ Limited

please include in your **payment reference:**
Particulars: your surname
Code: your first name
Reference: your phone number as on this form.

Please note: your registration can not be confirmed until it is reconciled with your payment. If an organisation is paying electronically on your behalf please ensure they pay your registration separately using the above references. If your organisation insists on paying for more than one person with one payment please contact SBA Thames (07-867 9122).

CONTINUE REGISTRATION ON NEXT PAGE



REVIEW TERMS AND CONDITIONS, SIGN AND SEND.

A. TERMS AND CONDITIONS

Cancellations must be notified by email to info@dbtnz.co.nz with full identifying information. Cancellations received more than seven days before the event will receive a \$375+GST refund (for each event). Refunds cannot be given after that date. Refunds will not be available until after the event. A colleague may be substituted for no extra charge if we are notified at least two business days before the training event. In the unlikely event the training is cancelled by the organisers, registration will be fully refunded. No liability will be accepted for travel, accommodation or other costs/expenses incurred to registrants. By submitting this form you acknowledge these terms and agree to be liable for payment of the above fees.

B. SIGN:

Sign to complete your registration and agree to the terms and conditions:

Signature Date

C. SEND (OR FAX):

Our registrations are been handled by Small Business Association, Thames. Send your registration to:

DBTNZ
Small Business Accounting,
PO Box 758,
Thames 3540

Alternatively you can fax your completed registration to SBA at (07) 867 9124. Post all cheques.

Tick here if a receipt is required:



INFORMATION AND CONTACTS

For all enquiries and information please email info@dbtnz.co.nz
Or call Lynda or Cathy at SBA Thames - (07) 867 9122

CERTIFICATES OF ATTENDANCE

We will provide a certificate of attendance at the end of the event or mail one to you after the event. Certificates will only be available to registrants who sign in and attended the entire event.

THANK YOU FOR YOUR INTEREST IN THESE DBTNZ EVENTS