

Dialectical Behavior Therapy:

A SEMINAR ON BECOMING A **DBT** INFORMED CLINICAL THERAPIST

November 16th 9:00AM-4:00PM

What is DBT? Dialectical Behavior Therapy (DBT), developed by Marsha Linehan Ph.D., at the University of Washington, is a compassionate and evidence-based model that has proven effective for clients struggling with Borderline Personality Disorder (BPD). Although originally developed for individuals with BPD, research has shown DBT to be effective in reducing suicidal behaviour, psychiatric hospitalization, treatment dropout, substance abuse, anger, and interpersonal difficulties in individuals with or without a BPD diagnosis.

What can I expect at this seminar? This seminar will be facilitated by Kafui Sawyer, a DBT trained clinician who, over the past seven years, has used DBT to treat emotional dysregulation, suicidal and self-destructive behaviours, addictions, eating disorders, Borderline Personality Disorder, depression, anxiety, and adolescent-family dilemmas. Through this seminar, participants will learn and discuss the five main skills used in DBT as well as how to use these skills in clinical practice.

SAINT PAUL UNIVERSITY (223 Main Street)

November 16th 9:00AM-4:00PM

\$250 for Mental Health Professionals and \$200 for students

Registrations can be done through Eventbrite:

<https://dbtseminar.eventbrite.ca>

Students register through contacting Kafui Sawyer or Nohad Abou-Hamad

Deadline to register November 11th 2018

Kafui Sawyer
MA (Counselling Psychology)
(Phone) 613.890.7792
(Fax) 613.435.0272
KafuiSawyer@joyhrc.com

Nohad Abou-Hamad
MEd (Counselling Psychology)
nohadabou-hamad@joyhrc.com