

# DIALECTICAL BEHAVIOR THERAPY

## 5 DAY ONLINE TRAINING



JOIN US LIVE ON  
MONDAYS  
from May 27 – June 24  
9am–4pm EDT

Training recordings will be  
made available to registrants.

Professionals: \$1250 + HST  
Students: \$875 + HST

**\*\* Registration Deadline:**  
May 20, 2024

REGISTER BY EMAIL:

[glorymulera@joyhrc.com](mailto:glorymulera@joyhrc.com)

### ABOUT THE PRESENTERS:

#### Kafui Sawyer

Kafui Sawyer is a Registered Psychotherapist, DBT Trainer, and Clinical Supervisor. She is also a Trauma Consultant for Health Canada. She was originally trained in Dialectical Behavior Therapy 14 years ago while working as a Child, Youth, and Family Mental Health Clinician in British Columbia. Kafui has worked with Indigenous communities across Canada, providing DBT skills classes and therapy to youth and families.

Kafui has taken the lead in developing DBT programs in Ontario and Quebec. She has also facilitated the development and practice of DBT within Indigenous Communities in Canada as a whole. Kafui has trained psychotherapists, psychiatrists, nurses, social workers, and psychologists in DBT. As a DBT Trainer, Kafui has trained over 300 clinicians across Canada.

With a foundation in family systems, she continues to facilitate ongoing multi-family DBT skills classes and individual and family therapy. She enjoys a diverse clinical practice, helping children, youth, and adults. Kafui is both a member of the Canadian Psychological Association and the American Psychological Association. She enjoys cooking, walking, music, and dancing and is currently learning to play the guitar. She is married with 3 teenage children.

Dialectical Behaviour Therapy (DBT) is a proven treatment for chronically suicidal patients with Borderline Personality Disorder, for patients with eating disorders, depression, anxiety, addictions, anger problems, other impulsive behaviours, for adolescent mental health populations and for inpatient and outpatient settings. School counsellors in educational settings also use DBT to help high school students cope with transitional processes and manage parental conflict.

This DBT Training is specific to health and education professionals as well as students in a clinical training. Participants will have the option to attend the live training or to use the recorded sessions as a flexible learning option. Those who complete the training will receive a certificate of participation to indicate that they have received the necessary training to use DBT in their clinical practice. This course is eligible for continuing educational credits through many professional associations.



#### Mark Vegh

Mark Vegh is a Clinical Counsellor living in Chilliwack, British Columbia, Canada. Since 2004, Mark has had the pleasure of working for the Provincial Ministry of Children and Family Development as a Child and Youth Mental Health Counsellor and Child and Youth Mental Health Team Leader. Most recently, Mark has taken on the position of Integrated Child and Youth Program Lead with the Province's Ministry of Health.

In 2006, Mark completed a year and a half of dialectical behaviour therapy (DBT) training. Post-training, Mark has taken the lead in developing two provincial DBT programs and is currently involved in the start-up of a third. Mark has trained numerous counsellors in DBT for the Province of British Columbia and also in Ontario and Quebec. He has facilitated numerous DBT skills groups for youth and parents. He regularly consults with professional groups developing DBT programs, including outpatient youth and adult and inpatient programs.

Mark has been told numerous times that his personal and self-disclosing teaching style and the many stories and real-life examples he provides make for effective, enjoyable, and memorable workshops. Mark has four children and a spouse. He enjoys exercising, meditation, and wine tasting.

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