



# Dialectic Behaviour Therapy (DBT) for Borderline Personality Disorder

**Two active days developing a DBT stance and skill-kit for use in clinical work.**

Day One of this two-day workshop provides a historical look at the development in our understanding of Borderline Personality Disorder (BPD), which includes current epidemiological studies and clinical presenting features. The survey leads to a formal description of BPD through the lens of Dialectical Behaviour Therapy (DBT). The description will be broadened to include a discussion of deficits in emotion regulation, a broad term reflecting the capacity to literally “increase the positive and decrease the negative”. We discuss the origins of this very necessary capacity through the early caregiving environment where key processes necessary for emotional development emerge. The ‘biopsychosocial model’ is described, with particular emphasis on the necessity of emotional validation, and the role modelling of adaptive emotion-management behaviours.

General principals of treatment are described together with the key balancing act present in the therapeutic exchange - the imperative to change with the necessity of acceptance.

Participants will develop an awareness of the organisation and particulars of the core skill modules and will be able to see how a typical skill building session looks and feels like.

Day Two takes a more in-depth focus on the four modules, and the general therapeutic stance taken by a DBT practitioner. Participants will develop their understanding of how “Core Mindfulness” is understood and applied within the DBT framework. As part of this practical approach to learning the skills participants will have an opportunity to see several skills taught and

develop an experiential awareness of several key skills.

Participants will return to the key dialectic inherent in DBT – ‘change versus acceptance’ and will deepen their understanding of emotional validation techniques. Distress Tolerance skills will also be introduced, with specific interest on the crisis survival skills - a key skill-set for individuals at risk of self harm and suicidal behaviours. Temperature, Intense exercise, Paced breathing, and Paired muscle relaxation (TIPP) skills will be introduced, which have particular utility for nursing staff and other frontline health practitioners who may work with individuals in emotional crisis.

Contingency Planning is also discussed - which incorporates a knowledge of therapy interfering behaviours with strategies for minimising their impact.

#### Learning objectives of this training:

1. Develop an understanding of the history and diagnosis of BPD.
2. Understanding and relevance of terms ‘skills deficit’ and ‘biopsychosocial model’ to BPD.
3. Develop an understanding of dialectics.
4. Understand the organisation of skills modules and their relevance to symptoms seen in BPD
5. Develop understanding of Mindfulness and its practical application with client grouping.
6. Understand the definition of ‘crisis’ and ‘crisis behaviours’.
7. Develop knowledge and practical application of validation techniques.
8. Develop a skill kit for clients in emotional crisis using distress tolerance skills.



**John Butters** is a Counselling Psychologist with specialist endorsement through AHPRA. He has worked as a psychologist since 2000, in both psychiatric and community health settings where he has coordinated a DBT outpatient programs, provided individual psychotherapy and clinical supervision. He has taught a variety of short courses for training organisations and professional bodies including Think Education, Karitane, AABCAP, CASPC, to name a few. He works in Pymont and Crows Nest providing treatment and supervision.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**We’ll bring this training to your team at your workplace anywhere in Australia or New Zealand.**

**We can also deliver to your team by live webcast no matter where you and they are located.**

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*

A certificate of attendance for 12 hours of face-to-face training is issued in the week following attendance at this event.

## DAY 1

### Morning Session

Includes a short morning tea break.

"Understanding the history and diagnosis of borderline personality disorder".

"What is a skills deficit and how does it relate to the biopsychosocial model".

## DAY 2

Reviewing the basic assumptions in DBT  
Introducing Core Mindfulness.

Therapy Interfering Behaviors - how they get in the way for all in the room.

What is a crisis? What are crisis behaviours.

Validating - key practical considerations.

Distress Tolerance - "surviving a crisis without making it worse": practical tools for managing high impulsivity (The TIPP skills).

Evaluation and Closing.

### Afternoon Session

Includes a short afternoon tea break.

What is dialectics?

How is DBT organised? What are the modules?

Running a group - presenting an introduction to a mindfulness skill.

***"Develop a practical and systematic way of working that is both deeply respectful and playful."*** John Butters

How will you benefit from attending this training?

Develop a specific understanding of BPD and how dialectical behaviour therapy speaks to the symptoms

Take skills away that can be practiced immediately

Provide a practical way of developing your skills as a counsellor or other helping professional.

### Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Finalise booking with payment.
4. Let us organise everything for you.

### We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

**This training is relevant to those wishing to become a Group Therapist/facilitator or those experienced in the area who would like to re-visit and improve upon their skills and knowledge base in a supportive environment.**

**NB: This is not training for groups that are solely for education or information purposes.**

### Feedback from John's recent presentations:

*"John weaves humour together with a detailed knowledge of DBT – it's been a really useful day"*

*"The teaching was lively and very relevant to me"*

*"I loved the clinical vignettes, John made the theory come alive"*

*"I felt valued for the knowledge I already possess, and feel open to learn some more!"*

*"The material was very relevant for me - personally and professionally"*