



Applied DBT for working with Borderline Personality Disorder

Focussing and enhancing Dialectical Behaviour Therapy Skills with BPD clients.

Dialectical Behaviour Therapy (DBT) is a cognitive-behavioural treatment developed by Marsha Linehan, PhD, ABPP. It emphasises individual psychotherapy and group skills training classes to help people learn and use new skills and strategies to develop a life that they experience as worth living. DBT skills include skills for mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Many mental illnesses and maladaptive behaviours can be conceptualised as a lack of skills in these areas. As such, DBT has demonstrated effectiveness in reducing risk of suicidal behaviour, suicidal ideation, depression, anger expression, non-suicidal self-injury, and substance use and addiction.

This skills training workshop covers the fundamentals of DBT skills: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants learn how to plan, structure, and conduct DBT skills training, both in an individual therapy setting and in a skills training group setting.

The format of the training includes lecture-style presentations, interactive discussion, and videotaped examples and is based on material from the second edition of Linehan's Skills Training Manual.

Learning objectives of this training:

1. Understanding of the concept of skills deficits as underlying BPD.
2. Understanding of the purpose and rationale of skills training in DBT.
3. Understanding of the roles of a skills trainer in DBT, and how to structure and deliver a skills training session.
4. Ability to teach clients Mindfulness skills from a DBT framework.
5. Ability to teach clients Distress Tolerance skills from a DBT framework.
6. Ability to teach clients Emotional Regulation skills from a DBT framework.
7. Ability to teach clients Interpersonal Effectiveness skills from a DBT framework.



Melissa Kent is a clinical psychologist with 15 years of experience, with 10 years of those involving delivering DBT to clients in a range of therapeutic settings. She also trains and supervises clinicians and organisations in DBT nationally. Melissa holds full registration and clinical endorsement with AHPRA, is a member of the Australian Psychological Society, and a fellow of the College of Clinical Psychologists. She is also a Psychology Board of Australia-accredited supervisor for all supervision pathways, and enjoys providing training and supervision to psychologists and other mental health professionals. Melissa is a highly skilled and experienced clinical psychologist who prides herself on her commitment to achieving the best possible outcomes for her clients, and on creating a safe, open and caring environment. Melissa prides herself on keeping up-to-date with what works in psychology.

She has experience in a range of therapeutic environments, including hospitals, youth mental health, corrections, and private practice. She has special interest and training in treating depression, anxiety, PTSD and Borderline Personality Disorder (BPD). Melissa has undertaken intensive training in treating PTSD and the effects of events that have left individuals traumatised and overwhelmed.

Melissa uses evidence-based treatments including Dialectical Behaviour Therapy (DBT), Cognitive-Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT), and Prolonged Exposure therapy for PTSD. She has undertaken advanced training in DBT PE for PTSD at The Linehan Institute in Seattle, Washington. She holds the position of DBT Coordinator at Partners In Recovery West Moreton-Oxley. She also coordinates the Ipswich-West Moreton BPD Mental Health Professionals' Network.

Melissa is currently completing a PhD at the University of Queensland, examining the mechanisms of change in DBT modules on recovery in BPD.

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.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.



AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

Morning Session: Purpose and rationale of skills training in DBT
The roles of a skills trainer
Structuring and delivering a skills training session
Mindfulness skills

Afternoon Session: Distress Tolerance skills
Emotion Regulation skills
Interpersonal Effectiveness skills
Evaluation and Closing.

“DBT changes lives. I have seen this time and time again. One of the keys to helping people develop lives worth living is having a good understanding of, and ability to help clients, apply skills for focusing on one thing in the moment, managing distress, regulating their emotions, and interacting effectively with others. DBT provides a framework for these skills” Melissa Kent

How will you benefit from attending this training?

- Participants will leave this session with an understanding of how skills deficits contribute to the difficulties experienced by individuals with BPD.
- Participation in activities that will allow you to observe and practise teaching core DBT skills, which you can use with clients as soon as you return to work.
- Increased range of skills to work with this population of clients.

Booking process:

Request a quotation.
Agree upon a delivery date.
Arrange the 50% booking deposit.
Finalise balance of booking fee one month prior to the training.

We include:

Presenter travel and accommodation costs.
Soft copy of all slides, notes and resources and evaluation.
Individual attendance certificates for all participants.

This course is designed for clinicians who have a foundational knowledge and understanding of DBT and want to learn to teach DBT skills or to improve their teaching with clients.