DBT Skills with Multi-Problem Adolescents
Teaching Strategies
Navigating Group Challenges
Engaging Teens and Caregivers
DBT in School Settings

ABOUT THE COURSE

Dr. Miller is one of the treatment developers of *DBT with Adolescents*. He has been teaching DBT to professionals worldwide for over 20 years. *DBT with Adolescents* is now considered the gold standard for self-harming multi-problem adolescents. It has been adapted for various adolescent problems and settings including schools. This workshop will provide a clinical and empirical rationale for the application of DBT with teens in various settings. Dr. Miller will model how to teach the range of DBT skills to teens, caregivers and school personnel. He will demonstrate through group exercises and role-plays how to orient and obtain commitment from teens and caregivers to participate in DBT skills training. And he will describe how to build and maintain effective skills training groups and navigate challenges that arise in managing such groups.

PRESENTER

**Dr. Alec L. Miller, PsyD** is an internationally recognized expert in the treatment of borderline personality disorder, suicidal and non-suicidal self-injurious behaviors, and multi-problem adolescents. He is Co-Founder and Clinical Director of Cognitive & Behavioral Consultants (CBC) in White Plains and New York City, NY as well as Clinical Professor of Psychiatry and Behavioral Sciences at Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, NY. Since 1995, Dr. Miller has conducted clinical research and published extensively in DBT including his books, *DBT Skills Manual for Adolescents*, *DBT Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)*, and *DBT with Suicidal Adolescents*. Prior to becoming CBC’s Clinical Director, he was Professor of Clinical Psychiatry and Behavioral Sciences, Chief of Child and Adolescent Psychology, Director of the Adolescent Depression and Suicide Program, and Associate Director of Psychology Training at Montefiore Medical Center. He is a scientific advisor to the American Foundation of Suicide Prevention and the National Educational Alliance of BPD, a member of the ISITDBT Executive Committee, a Fellow of the American Psychological Association, and a member of the Association for Behavioral and Cognitive Therapies.

LEARNING OBJECTIVES

By the end of this course, you will be able to:

1. Describe the adaptations made to standard DBT that address the needs of adolescents and families, as well as the application to school settings.
3. Teach DBT skills to teens, caregivers, and school personnel.

CONTACT INFORMATION

**CENTRE FOR MINDBODY HEALTH**
250 Eglinton Avenue W., Suite 200,
Toronto, ON  M4R 1A7
TEL: 416.855.CMBH (2624)
FAX: 647.729.5551
WEB: www.cmbh.space
INQUIRIES:
cmbhworkshops@gmail.com
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**REGISTRATION FORM**

**NAME:**

**ADDRESS:**

**CITY:**

**PROV:**

**COUNTRY:**

**POSTAL CODE:**

**PHONE:**

**EMAIL:**

**PAYMENT TYPE**

- ☐ REGULAR FEE ($575.00 + HST) = $649.75
- ☐ EARLY BIRD DISCOUNT ($525.00 + HST) = $593.25
- ☐ STUDENT FEE ($475.00 + HST) = $536.75

**DIETARY RESTRICTIONS**

- ☐ VEGETARIAN
- ☐ GLUTEN-FREE
- ☐ OTHER (specify): _____________________

**SIGNATURE:**

**DATE:**

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**COURSE FEE**

**Regular Fee**

$575.00 + HST

**Early Bird Fee** (until Oct. 2, 2018)

$525.00 + HST

**Student Fee**

$475.00 + HST

Continental breakfast, snacks and lunch provided.

Your registration will be processed once payment is received. You will receive an email confirmation of your registration once your payment is processed.

Continuing education credits pending.

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**CANCELLATION POLICY**

An administrative fee of $100 will be charged for cancellations. Cancellations must be received by October 2, 2018 and must be emailed to cmbhworkshops@gmail.com.

After October 2, 2018, refunds will not be issued. However, you may apply your payment, less the administrative fee, as a credit to future CMBH workshops. CMBH reserves the right to cancel workshops due to unforeseen circumstances.

**HOW TO REGISTER**

Register online and pay with credit card: https://cmbh.space/events/dbt-skills-with-multi-problem-adolescents/

- OR -

Mail completed registration form and cheque (registration fee plus HST) payable to:

The Centre for MindBody Health
250 Eglinton Avenue W., Suite 200
Toronto ON  M4R 1A7

-OR-

Email completed form and e-transfer (payment plus HST) to: cmbhworkshops@gmail.com

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**EVENT DETAILS**

**TIME:** 9am – 4.30pm

**LOCATION:** YMCA

20 Grosvenor Street, Toronto

**November 2 – 3, 2018**