



DIALECTICAL BEHAVIOUR THERAPY FOR CONCURRENT MENTAL HEALTH & SUBSTANCE USE ISSUES

The Science and the Practice

DALTON[®]
ASSOCIATES

May 5, 2019 - 8:30am to 4:30pm (Check-in at 8:00am)
Courtyard Toronto Brampton
90 Biscayne Crescent
Brampton, ON



Continuing Education Credits Approved by the OACCPP.

Dialectical Behaviour Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most recognized and sought after therapies for difficult-to-treat problems, including concurrent mental illness and substance use issues.

With a significant number of mental health clients presenting with co-occurring substance use issues, and with effective treatments in high demand, DBT skills and strategies are a must-have for all types of practitioners.

Keeping a dedicated focus on integrated treatment, this seminar covers up-to-date and accessible explanations of the theory, research, and practice of DBT in the context of concurrent disorders. Participants will be encouraged and enthusiastic about how DBT philosophies and interventions, when used in the context of a therapeutic alliance, can enhance their practice and the lives of their clients with concurrent disorders.

Learning Objectives:

- Learn Key DBT skills for clients with co-occurring disorders
- Describe the essential philosophies, interventions, and features of DBT
- Compare and contrast DBT with other concurrent disorder treatments
- Identify how to balance validation and change strategies
- Master DBT diary cards and behavioral analysis
- Choose recommended methods of integrating DBT into practice



Dr. Lane Pederson has trained over 12,000 professionals in DBT in the US, Canada, Mexico, Australia, South Africa, and the Middle East. He has authored three books on DBT, with a fourth in the works. Dr. Pederson is also a real-world practitioner with one of the largest DBT practices anywhere. He has served as clinical and training directors, has directed practice-based clinical outcome studies, and has overseen the care of thousands of clients in need of intensive outpatient services.

Early Bird Pricing

(Register Before April 12, 5:00pm)

Last Minute Pricing

(Register After April 12, 5:00pm)

Dalton Associates Practice Member **\$100***

Dalton Associates Practice Member **\$125***

Non-Dalton Associates Practice Member **\$125***

Non-Dalton Associates Practice Member **\$150***

Full Time Student **\$75***

Full Time Student **\$100***

* Plus HST

[Click here to Register Now](#)

Who Should Attend?

- Psychologists
- Psychotherapists
- Social Workers
- Child & Youth Workers
- Occupational Therapists
- Nurse Practitioners
- Addiction Counsellors
- Marriage & Family Therapists
- Anyone Interested in DBT

Note: To help keep registration fees affordable, coffee, snacks, and lunch are not provided. Venue is a 2 minute walk to Tim Horton's, Wendy's, and Shoeless Joe's.