

DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING FOR MENTAL HEALTH PROFESSIONALS

WINNIPEG | WEDNESDAY, NOVEMBER 20 & THURSDAY, NOVEMBER 21, 2019 | 9AM - 4PM
Best Western Plus Winnipeg Airport Hotel | 1715 Wellington Avenue

Dialectical Behaviour Therapy (DBT) is a highly effective form of treatment for clients with Borderline Personality Disorder (BPD). However, many of these individuals have rarely developed life skills to build a proactive and responsive life versus a defensive and reactive one. Dr. Eboni Webb will introduce a holistic approach to treatment and will expand on key concepts including skills acquisition, daily practice, and generalization. These skills are critical for our clients to develop an effective interdependent adult life. Dr. Webb will provide a brief discussion of DBT and its relationship to the Biosocial model, the neurological impact of trauma on the developing brain and how to address specific diagnoses via the skills. She will discuss the importance of integrating DBT skills at the earliest point of treatment and utilizing skills as a foundation for life

LEARNING OBJECTIVES

1. Learn each standard DBT skills module and two supplemental modules.
2. Learn creative and innovative techniques to keep client's engaged in today's technology-centered world.
3. Explore the different modes of skills groups to set up the most effective program for your practice.
4. Set up skills group treatment expectations and behavioural contracts.

WORKSHOP AGENDA – KEY TOPICS COVERED

Neurological Building Blocks

- » Why DBT skills?
- » Trauma and Development
- » The benefit of top-down and bottom-up process learning

Creating the Learning Container

- » Importance of skills as a form of self-advocacy and consultation
- » Setting up a group
- » Establishing safety
- » Making the environment conducive for learning

The Foundational Skills:

Mindfulness & Dialectics

- » Dialectical skills framework
- » States of Mind
- » WHAT skills
- » HOW skills

Naming to Tame: Emotion Regulation

- » How emotions work in the body
- » 10 Universal emotions
- » Emotion action decision tree
- » Opposite action
- » Caring for the body
- » Resourcing the body with positive experiences and building mastery

Thriving in a Crisis: Distress Tolerance & Self-Compassion

- » Grounding: Self-Soothe
- » Skillful Distractions: ACCEPTS
- » Crisis Integration: IMPROVE
- » Pros and Cons
- » Radical Acceptance
- » Letting go of toxic shame in a crisis: Self-Compassion

Connection in Community:

Interpersonal Effectiveness

- » Wired for connection
- » FAST skills
- » GIVE skills
- » Validation (Self & Others)
- » Prioritizing Self and Others
- » DEARMAN

“Eboni is a dynamic and knowledgeable presenter. She was able to maintain our interest through the use of information and personal stories. I learned a lot and I am intrigued to learn more.”



EBONI WEBB, PSY.D.



OWNER

*The Village of Kairos.
Offering services to families
in crisis.*

Eboni Webb, Psy.D., HSP is a licensed psychologist and serves as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA). She has practiced in numerous community settings including clinics that treat underserved communities of color, clients with developmental disabilities, and clients suffering from severe and persistent mental illness. She worked at the largest mental health clinic at the time in the Minneapolis/St. Paul area that specialized in treating clients diagnosed with Borderline Personality Disorder (BPD) with Dialectical Behavior Therapy (DBT). She has practiced DBT in community mental health centers and developed two special DBT-oriented treatment programs for clients with developmental disabilities and borderline-intellectual functioning. Dr. Webb currently resides in Nashville, TN where she has been serving clients in her private practice, Kairos. She continues to specialize in individual and group DBT as well as cognitive-behavior strategies that address a myriad of clinical issues. She also offers special group therapies for adults and a dual-track of teen skills training that includes their parents.

WHO SHOULD ATTEND

Clinical Professionals:

All mental health professionals including, but not limited to Clinical Counsellors, Psychologists, Psychotherapists, Social Workers, Nurses, Occupational Therapists, Hospice and Palliative Care Workers, Youth Workers, Mental Health Workers, Addiction Specialists, Marital & Family Therapists, Speech Language Pathologists, Vocational Rehabilitation Consultants and all professionals looking to enhance their therapeutic skills.

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EBONI WEBB, PSY.D. | WINNIPEG, NOVEMBER 20 & 21, 2019

“Dr. Webb is amazing. Great examples and excellent presenter.”

“Wonderful! Today was advanced, comprehensive, motivating. Knowledge and learning applicable across spectrum of work.”

STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

STEP 2 – SELECT APPLICABLE FEE

Fees do not include tax (5% GST)	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Early Bird (Before November 6)	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	<input type="checkbox"/> \$389	\$389
Regular	<input type="checkbox"/> \$469	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	\$409

* Early bird deadline is 14 days prior to the workshop date

† Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

STEP 3 – PAYMENT | FEES DO NOT INCLUDE TAX (5% GST)

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

4 WAYS TO REGISTER



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PHONE or FAX
See numbers below right



MAIL
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3 WAYS TO SAVE



ONLINE PROMO CODE: SAVE10MB
registration.jackhirose.com



EARLY BIRD DISCOUNT
Deadline: November 6, 2019



GROUP DISCOUNTS (online only)
See Step 2 for Savings & Fees.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment. Please note, a **\$10.00** administrative fee will apply **per person** for all manual registrations. Please contact: registration@jackhirose.com for more info.

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. Lunches are not included.

WORKSHOP AIDE DISCOUNT

Save **\$115** on a one-day workshop, **\$190** on a two-day workshop and **\$290** on a three-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

WINNIPEG

Best Western Plus Winnipeg Airport Hotel
1715 Wellington Avenue | 204.775.9889

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only.

Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY: All cancellations for any workshop, intensive, or conference must be submitted by email at registration@jackhirose.com. Non-attendance at an event will not be grounds for any or partial refund/credit **under any circumstances**. We are sorry, exceptions to this will not be granted.

REFUND OPTIONS:

- 14 business days or more prior to the event: refund, minus a \$40 administration fee
- Less than 14 business days prior to the event: workshop credit, minus a \$40 administration fee
- Less than one full business day prior to the event: no refund or credit under any circumstances will be available.

CERTIFICATES: Provided for **pre-registered attendees only**. Those who register at the door, or want additional copies can download their certificate, free of charge, at registration.jackhirose.com/certificates. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once your registration has been processed. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

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