

28th March 2012 – The Chifley at Lennons (BRISBANE)

Advanced Level Dialectical Behaviour Therapy

Putting it all in to Practise

WORKSHOP PRESENTER

Nicole Prendergast is a registered psychologist working in private practice with PsyCare. Nicole has provided extensive clinical treatment services within public and private settings. Her experience ranges across common psychological problems impacting upon adults, couples, families and children including depression, anxiety, stress disorders and health issues, such as pain. Nicole has published in the area of Borderline Personality Disorder. She has provided a supervisory role for groups of clinicians for clients presenting with complex co-morbid disorders.

Nicole has delivered numerous seminars and workshops across a variety of audiences and has provided specialised training tailored for multidisciplinary teams of clinicians.

Presented by

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Workshop Enquiries

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LEARNING OBJECTIVES

1. Review of relevant DBT theory to develop an understanding of the underpinnings of the treatment process.
2. Develop key understanding of the process of providing DBT treatment to clients with Borderline Personality Disorder.
3. Develop practical skills in skill acquisition for clients.
4. Develop an understanding of treating therapy interfering behaviours and re-commitment strategies within the treatment process.
5. Develop an understanding of the key mental health disorders that DBT is relevant to, with current evidence based literature.

WORKSHOP PROGRAM

8.30am - 9.00am Registration and morning coffee

9.00am – 10.30am

OVERVIEW

1. Review of current literature of DBT
2. Review of stages of DBT treatment
3. Review of modules of DBT (Core Mindfulness, Distress Tolerance, Interpersonal Effectiveness, Emotion Regulation)

10.30am - 10.50am Morning Tea

10.50am - 12.45pm

1. Case Scenario 1 - Example clinical case of DBT treatment (using core mindfulness and distress tolerance)
 - Review of stages of treatment
 - Group activity
2. Case Scenario 2 - Example clinical case of DBT for treating therapy interfering behaviours
 - Review of dialectic strategies to use to recommit
 - Review of in-session strategies to treat therapy interfering behaviours in the moment

12.45pm - 1.30pm Lunch (Lunch provided)

1.30pm - 3.10pm

1. Case Scenario - Example clinical case of DBT treatment of suicidal behaviours in session
 - Review of DBT treatment of suicidal behaviours and illicit substance use
 - Review of strategies to date

3.10pm -3.30pm Afternoon Tea

3.30pm - 5.00pm

1. Opportunity to develop a case plan for a complex client with a DBT approach
2. Use of DBT in an in-patient setting and with other complex mental health disorders

5.00pm Workshop close

Early Bird closing
24/2/2012

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