“Dialectical Behavior Therapy: Theory, Practice, and Strategies to Enhance Distress Tolerance”, sponsored by the Delaware Psychological Association, has been approved for 6 CE credits. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its content.

IMPORTANT NOTICE: THOSE WHO ATTEND THE WORKSHOPS AND COMPLETE THE EVALUATION FORM WILL RECEIVE CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE ARRIVING MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR LEAVING BEFORE THE WORKSHOP IS COMPLETED WILL NOT RECEIVE CE CREDITS.

Cancellation Policy
Cancellations received up to one week before the workshop will receive a full refund less a $25 administrative fee. No refunds will be granted for cancellations received less than one week before the workshop.

SAVE THE DATES
June 13, 2014
Ethics Decision Making
3 credit hours
presented in both New Castle and Sussex Counties
Stephen H. Behnke, Ph.D., J.D.
APA Ethics Officer

October 24 & 25, 2014
DPA Annual Convention
Atlantic Sands Hotel
Rehoboth Beach, DE

Friday, May 16, 2014
at the
Doubletree By Hilton
4727 Concord Pike
Wilmington, DE 19803
6 Continuing Education Credits

Presented By
Alexander L. Chapman, Ph.D., R.Psych
Department of Psychology at Simon Fraser University

DIALECTICAL BEHAVIOR THERAPY:
THEORY, PRACTICE, AND STRATEGIES TO ENHANCE DISTRESS TOLERANCE

Co-sponsored By
ABOUT THE PRESENTER

Dr. Alex Chapman is a Registered Psychologist, an Associate Professor, and Coordinator of the Clinical Science area in the Department of Psychology at Simon Fraser University (SFU) as well as the President of the DBT Centre of Vancouver. Dr. Chapman received his B.A. from the University of British Columbia and his M.S. and Ph.D. in clinical psychology from Idaho State University, following an internship at Duke University Medical Center. He completed a two-year post-doctoral fellowship with Dr. Marsha Linehan (founder of Dialectical Behavior Therapy) at the University of Washington. Dr. Chapman directs the Personality and Emotion Research Laboratory at SFU, where he studies the role of emotion regulation in BPD, self-harm, impulsivity, and other behavioral problems. He has published numerous scientific articles and chapters on these and other topics, and has given many scientific conference presentations on his research. He regularly gives local, national, and international workshops and invited talks on DBT and the treatment of BPD, has consulted with and trained clinicians in Canada, the U.S., and the U.K., and trains and supervises clinical psychology students. He has received the Young Investigator’s Award of the National Education Alliance for Borderline Personality Disorder (2007), the Canadian Psychological Association’s (CPA) Early Career Scientist Practitioner Award (2011), and an 8-Year Career Investigator Award from the Michael Smith Foundation for Health Research. He has co-authored four books: The Borderline Personality Disorder Survival Guide, Behavioral Interventions in Cognitive Behavior Therapy, Freedom from Self-Harm, and The DBT Workbook for Anxiety.

PROGRAM DESCRIPTION

Originally developed for highly suicidal women, Dialectical Behavior Therapy (DBT) has emerged as a well-established treatment for borderline personality disorder (BPD) and related problems. DBT is a comprehensive cognitive-behaviorally oriented treatment that involves individual therapy, group skills training, availability of the therapist for between-session skills coaching, and a therapist consultation team. The treatment is based on a biosocial theory of BPD, whereby fundamental difficulties in emotion regulation fuel many of the behavioral problems observed among persons with this disorder. In addition, DBT incorporates a dialectical philosophy involving the balancing and synthesis of acceptance and change-oriented strategies and skills.

This workshop will involve (a) an overview of DBT in terms of theory, research, and practice, and (b) review, practice, and discussion of skills aimed at improving clients’ distress tolerance. Beyond those with BPD, clients with a variety of difficulties (personality disorders, depression, anxiety disorders, substance use problems, and eating disorders) often have one important thing in common - difficulty understanding, tolerating, and managing emotions. For this workshop, the focus will be on skills to help clients learn how to tolerate emotional distress and upsetting situations (past and present). Distress tolerance skills include strategies to survive crises and tolerate overwhelming situations without doing anything to make things worse, and include distraction, self-soothing, and acceptance, among other skills. Attention also will be paid to the application of the DBT model and skills across diverse clients including those with differing clinical characteristics, beliefs, cultures, and other individual differences.

LEARNING OBJECTIVES

The workshop will involve didactic presentation, video and/or audiotape demonstration, experiential exercises, and active participation and practice of new strategies and skills. Following this day of training, participants will be able to:

- Discuss the biosocial theory of BPD.
- Consider ways to apply dialectical theory in their practice.
- Discuss and summarize some of the research on DBT.
- Describe and summarize the distress tolerance skills taught in DBT.
- Describe and use at least one core distress tolerance skill to help clients survive crises.
- Begin to incorporate the skill of radical acceptance into their practice.

PROGRAM AGENDA

7:00am-7:30am: Registration & Continental Breakfast
8am - Noon: Morning Session
Noon-1:15pm: Lunch (on your own)
1:15-3:45: Afternoon Session

In the event of inclement weather, please check the DPA website or listen to WDEL 1150 AM radio for cancellation information.

REGISTRATION

Name (as it should appear on name tag)
Degree/Position/Title
Mailing Address
City, State, Zip Code
Email Address
Phone Number

THREE EASY WAYS TO REGISTER!!
- Register online at www.depsych.org
- Telephone the DPA office at (302) 475-1574
- Complete and Mail this registration form with your check, MasterCard, Visa or American Express number to:
  Delaware Psychological Association
  P.O. Box 718
  Claymont, DE 19703-0718

Please make checks payable to DPA

FEE:
- DPA members: $120
- Non-DPA members: $160

Students and faculty affiliated with the doctoral programs in psychology at the University of Delaware and Delaware University will be admitted to the program without charge; however, they must register for the program on-line at www.depsych.org using a the discount code provided through their university contact.

Non-DPA members:
- Students (Non Affiliated Students): $60
- DPA Members: Yes No

DPA Member: (circle one)

Credit Card #
Expiration Date: CV Code (on back of card)

Today’s Date:
MasterCard VISA American Express

Signature