

## Advanced Dialectical Behavior Therapy for Complex Post-Traumatic Stress Disorder

### ABOUT THE COURSE

This two-day case-based learning workshop focuses on Dialectical Behavior Therapy for Complex PTSD (DBT-PTSD). Through didactic learning and selected case presentations, the training will address topics presenting the greatest challenges for participants.

DBT-PTSD is tailored to treat adult PTSD after childhood abuse, including those with borderline personality disorder (BPD). Most of these people show severe problems in emotion regulation, negative self-concept, dysfunctional memory processing and maladaptive social interaction. To target these core domains, DBT-PTSD merges multiple evidence-based elements: DBT principles, trauma-specific cognitive and exposure-based techniques, compassion focused interventions and behavior change procedures. The treatment program is designed to be

delivered in a residential program (three-months) or in an outpatient setting (45 weeks). Data from a multi-center RCT under outpatient conditions (n=200; 100%female) showed significant improvement in all relevant domains as well as significant superiority of DBT-PTSD versus Cognitive Processing Therapy (CPT).

DBT-PTSD is based on a psycho-social model. Typical dysfunctional behaviors can predominantly be understood as strategies to avoid or escape from trauma-associated primary emotions like powerlessness, threat, anxiety, disgust, humiliation or sexual arousal. Corroborated by dysfunctional cognitive assumptions, dysfunctional behaviors such as self-injury, suicidal ideation, dissociation, or intoxication and problematic secondary emotions such as shame, guilt, self-hatred, or chronic anger develop over time into problematic self-concepts that strongly impair quality of life. DBT-PTSD aims to help people: a) Revise their fear of trauma-associated primary emotions, b) Question whether secondary emotions like guilt and shame fit the facts, and c) Radically accept the fact of trauma in their lives in order to establish a life worth living.

**COURSE PREREQUISITE:** *This course is intended for experienced clinicians who have completed DBT-PTSD Part I and want additional training and consultation in applying the skills and strategies of the DBT-PTSD model.*



### PRESENTERS



**Martin Bohus, MD**, received his specialty in Psychiatry and in Psychosomatic Medicine. Since 2003 he holds the Chair of Psychosomatic Medicine and Psychotherapy at Heidelberg University and is Scientific Director at the Central Institute of Mental Health in Mannheim. He holds a visiting

professorship at University of Antwerp and Harvard Medical School. Dr. Bohus has received several awards for psychotherapy research. He is past president of the European Society for the Studies of Personality Disorders (ESSPD) and president of the German Association for DBT. He was President and initiator of the 1st International Congress on Borderline Personality Disorder, Berlin 2010. He has published more than 300 articles and book chapters, mainly on mechanisms of psychotherapy, borderline personality disorders and PTSD.



**Shelley McMMain, PhD, C.Psych.**, is an Associate Professor in the Department of Psychiatry at the University of Toronto, Head of the Borderline Personality Disorder Clinic and a Clinician Scientist at the Centre for Addiction and Mental Health (CAMH) and Co-Founder of the Centre for MindBody Health in

Toronto. She is a clinician, educator and researcher and a Certified DBT Practitioner. Dr. McMMain is recognized as a leader in DBT in Canada and internationally. She conducts research in DBT, personality disorders, emotion regulation, suicide and self-harm, substance abuse, and psychotherapy process and outcomes. She has delivered 300+ conference, colloquia, grand rounds, and trainings and is widely recognized for her excellence in DBT training.

### ABOUT THE CENTRE FOR MINDBODY HEALTH

The Centre for MindBody Health (CMBH) is a vibrant clinical and training hub providing individual, couple, family and group therapies for clients and thought-provoking workshops for clinicians. Our multidisciplinary team, inspired by research and treatment excellence, specializes in therapies based in mindfulness, dialectical behavioral and emotion-focused principles. Please [view our brochure](#) for more information.

#### CONTACT INFORMATION

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FAX: 647.729.5551

Website: [cmbh.space](http://cmbh.space)  
Inquiries:  
[cmbhdbtworkshops@gmail.com](mailto:cmbhdbtworkshops@gmail.com)

## Advanced Dialectical Behavior Therapy for Complex Post-Traumatic Stress Disorder

### LEARNING OBJECTIVES

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

1. Implement the strategies and principles of DBT-PTSD in your clinical practice with greater adherence and competence.
2. Gain experience in consultation and make evidence-based clinical decisions when working with clients.
3. Prepare a case formulation following The Old and The New Path Model.
4. Evaluate the use of the DBT-PTSD model within your own and others' cases.

### AGENDA

#### Day 1 – Jan 28

##### Welcome

Segment 1: Pre-treatment

Segment 2: Commitment

Segment 3: Trauma Model

Segment 4: Navigating the Case Presentation to a Team

**Wrap Up and Evaluations**

#### Day 2 – Jan 29

##### Welcome

Segment 1: Skills

Segment 2: Exposure

Segment 3: Radical Acceptance

Segment 4: Regain Your Life

**Wrap Up and Evaluations**

### COURSE FEE (CDN\$)

#### EARLY BIRD DISCOUNT

\$540.00 + HST = \$610.20

**EARLY BIRD DEADLINE: DEC. 17, 2021**

#### REGULAR FEE

\$590.00 + HST = \$666.70

**A waitlist will be maintained after the first 70 registrants.**

A 10% discount is available for groups of 5+ registering at the same time.

Your registration will be processed and confirmed once payment is processed.

### CANCELLATION POLICY

We will allow refunds that are requested 30 days prior to the event start date. Attendees can request a refund through Eventbrite, or by contacting [cmbhdbtworkshops@gmail.com](mailto:cmbhdbtworkshops@gmail.com) for registrations paid by e-transfer.

Refunds will not be issued after December 28, 2021. CMBH reserves the right to cancel workshops due to unforeseen circumstances.

#### EVENT DETAILS

Time: 9.00a – 3.00p (EST)  
Virtual Online Training

This workshop is recorded and available for 30 days. Even if you can't make it live, you can view after the event!

### HOW TO REGISTER

Register online and pay with credit card: <https://www.eventbrite.ca/e/advanced-dialectical-behavior-therapy-for-complex-ptsd-tickets-192434455637>

– OR –

Email completed form and e-transfer payment to: [cmbhdbtworkshops@gmail.com](mailto:cmbhdbtworkshops@gmail.com)

*\*One registration form per attendee*

### CONTINUING EDUCATION (CE) CREDITS

**OPA:** Approved for 10 CE credits.

**MDPAC:** Approved for 10 hours of Group CE credits and 1 hour of MDPAC CCI credits.

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REGISTRATION FORM

**NAME:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **PROV:** \_\_\_\_\_ **COUNTRY:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_

**PAYMENT TYPE:**

EARLY BIRD DISCOUNT (\$540.00 + HST) = \$610.20

REGULAR FEE (\$590.00 + HST) = \$666.70

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_