

Brief DBT Family Interventions in a Crisis and Beyond

Alan E. Fruzzetti, Ph.D.

December 10/11, 2021: 11a – 4p (ET)

Online via Zoom

PRESENTER

Alan E. Fruzzetti, Ph.D. is Director of Training in Family Services and Director of DBT Adherence for 3East DBT programs at McLean Hospital, and Associate Professor of Psychology in the Department of Psychiatry at Harvard Medical School. He received his B.A. from Brown University and M.S. & Ph.D. from the University of Washington in Seattle. Alan has adapted and implemented Dialectical Behavior Therapy for underserved populations, and developed many successful DBT programs for people with borderline personality disorder and other problems with emotion regulation.



ABOUT THE WEBINAR

This training will focus first on how to use the transactional model to conceptualize client-family transactions, and then on how to provide brief DBT family interventions, specifically: 1) how to target parents, partners and others in the context of the DBT treatment target hierarchy; 2) how to conduct a quick (often partial) “double chain” to complement individual chain and solution analysis; 3) key skills that can be employed in these situations as solutions; and 4) how to conduct and manage brief DBT family sessions in crisis and other situations as needed. Teaching, demonstrations, role plays, and experiential exercises will be used throughout the training. Examples will include all types of family constellations: teens and adults with their parents, couples, and other dyads. You are welcome to bring your cases for consultation.

LEARNING OBJECTIVES

1. Describe how emotion vulnerability and invalidation transact to create emotion dysregulation in families.
2. Build a treatment target hierarchy relevant to parents and partners in a crisis situation.
3. Conduct a “double chain” to understand how family transactions evolve and contribute to problem behaviours and to identify points of interventions.
4. Utilize the double chain to weave in new skills as solutions.
5. Teach both accurate expression and validating responses to family members (and how they are connected).
6. Teach and coach collaborative problem solving.

COURSE FEE

Registration Type	Early Registration Fee (Before December 1)
Individual	\$400 CAD + HST
Student	\$325 CAD + HST
	Regular Fee (December 1 onward)
Individual	\$425 CAD + HST
Student	\$350 CAD + HST

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REGISTRATION OPTIONS

1. Register online and pay with credit card: <https://cmbh.space/event/online-training-brief-dbt-family-interventions-in-a-crisis-and-beyond/>
2. Email completed registration form (below) and e-transfer to: cmbhworkshops@gmail.com

Registration Confirmation: Please allow 1-2 business days for our workshop team to confirm your registration. We will email you an official receipt upon confirmation, including further details on workshop format and preparation materials.

Cancellation and Refund Policy: An administrative fee of \$75 will be charged for cancellations. For a refund, written notification must be received by December 1, 2021. Written notice of cancellation should be emailed to cmbhworkshops@gmail.com. For cancellations made after December 1, 2021 you may apply a credit to a future CMBH workshop. CMBH reserves the right to cancel workshops due to unforeseen circumstances.

REGISTRATION FORM

NAME: _____

CITY: _____

PHONE: _____ EMAIL: _____

REGISTRATION TYPE:

- INDIVIDUAL EARLY REGISTRATION FEE (\$400.00 + HST) = **\$452.00 CAD**
- INDIVIDUAL REGULAR FEE (\$425.00 + HST) = **\$480.25 CAD**

- STUDENT EARLY REGISTRATION FEE (\$325.00 + HST) = **\$367.25 CAD**
- STUDENT REGULAR FEE (\$350.00 + HST) = **\$395.50 CAD**

SIGNATURE: _____ DATE: _____