



# Dialectical Behaviour Therapy for Complex Post-Traumatic Stress Disorder (DBT-PTSD)

## OVERVIEW

Join this dynamic and interactive online course offered through the **Centre for MindBody Health**, featuring two internationally renowned DBT clinicians and researchers.

This 4-week (32 hours) course provides a comprehensive examination of DBT-PTSD based on a psycho-social model. Within this model, dysfunctional behaviors are understood as strategies to avoid or escape from trauma-associated primary emotions like powerlessness, threat, anxiety, disgust, humiliation or sexual arousal. The model posits that these emotions are corroborated by dysfunctional cognitive assumptions and dysfunctional behaviors such as self-injury, suicidal ideation, dissociation or intoxication and that problematic secondary emotions such as shame, guilt, self-hatred or chronic anger develop over time into problematic self-concepts which impair quality of life.

DBT-PTSD primarily aims to help patients: 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. The treatment program is designed to be delivered in a residential program (three-months) or in an outpatient setting (45 weeks).

This 4-week (32 hours) course provides comprehensive training in DBT-PTSD and a manual.

### AT THE CONCLUSION OF THIS TRAINING, YOU'LL BE ABLE TO:

- Describe the basic psychosocial and neurobehavioral principles of complex PTSD
- Implement the principles of DBT-PTSD within your clinical practice
- Develop an individualized trauma model
- Teach your client skills for dissociation, distress tolerance, and regulation of trauma-related emotions
- Conduct in-sensu exposure
- Help your clients create a life worth living

*Registrants will retain access to the course material and recordings of all classes for 30 days after the course training concludes. All registrants will be able to download core content (PPT or PDF) and view recordings of classes. Class recordings cannot be downloaded.*

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## DETAILS AT A GLANCE

**Dates:** April 2022 (Including April 4+5; 11+12; 18+19; 25+26)

**Webinar Times:** 9.00am – 1.00pm EDT

**Delivery:** Online. This course has a webinar component which will be recorded for review.

**Audience:** Multi-disciplinary mental health professionals interested in treating complex PTSD using evidence-based principles and procedures. Basic knowledge of DBT is recommended.

**CE Credits:** Accreditation Pending. Additional information will be forthcoming.

## 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.

## COURSE FEES

### Early Registration Fee (Before March 5)

Individual/Student:  
**\$999 CAD + HST**

### Regular Fee (March 5 onward)

Individual: **\$1,099 CAD + HST**  
Student: **\$999 CAD + HST**

\*Students must submit a copy of their valid student ID or confirmation of enrolment to [cmbhdbtworkshops@gmail.com](mailto:cmbhdbtworkshops@gmail.com).

**Cancellation Policy:** We will allow refunds that are requested 30 days prior to the event start date. Attendees can request a refund through Eventbrite. CMBH reserves the right to cancel workshops due to unforeseen circumstances.

## REGISTER NOW

## 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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