

Using Dialectical Behavior Therapy (DBT) to Inform Your Practice: An Introduction to DBT

Online Workshop



Dr. Debbie LEUNG

- Registered Psychologist in British Columbia, Canada
- Founder and Director of Wise Mind Centre, Vancouver

Date & Time

2, 3, 9, 10, 16 & 17 June 2023
(Fridays & Saturdays),
9:30 am – 1:00 pm
(Six sessions)

Platform

Online (via Zoom)

Application Deadline

22 May 2023

Target Participants

Mental health professionals who have an interest in Dialectical Behavior Therapy

Course Fee

- HK\$4,000 per person
- Early bird registration on or before 21 April 2023:
HK\$3,000 per person

Please visit IMH website www.imh.org.hk
for more details and download the enrolment form

Enquiry

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Primary Objective

As a result of this training, participants will be able to incorporate core DBT principles and strategies into their clinical practice.

Learning Objectives

As a result of this training, participants will:

- Gain knowledge about the assumptions and foundations of DBT, including dialectics, behavioral principles, and biosocial theory of disorders
- Understand how DBT is principle-driven rather than protocol-driven in the assessment and treatment of problematic behaviors
- Learn how DBT conceptualizes problematic behaviors
- Learn DBT skills as solutions to solve clients' problems
- Learn core DBT skills, including mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness
- Learn how phone coaching calls are used in DBT

Note: This workshop provides an introduction to DBT. It is not intended to train its participants to become DBT therapists.

Medium of Teaching

Cantonese supplemented with English (with English handouts)

Accreditation

CME/CNE/CPD/CE accreditation in application

Certificate

Certificate of attendance will be issued with **75% or above** attendance.

Requirements

- Participants **ARE REQUIRED** to turn on their cameras and microphones during the workshop for effective training.
- Participants **MUST** acquire the book titled **“DBT Skills Training Handouts and Worksheets (2nd Edition)”** by Dr. Marsha Linehan before the workshop on their own (its Chinese version titled 《DBT技巧訓練講義及作業單》 is also acceptable).



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Online Workshop Course Rundown (tentative)

Time	Topic
Day 1 – 2 June 2023 (Friday)	
9:30am–9:50am	Orientation and Mindfulness
9:50am–11:00am	<ul style="list-style-type: none"> • Origins, Structure and Development of DBT • DBT as a Principle-driven Treatment • Foundations: Dialectics and Biosocial Model of Disorder
11:00am–11:15am	Break
11:15am–12:45pm	<ul style="list-style-type: none"> • Foundations: Behaviorism and Skills Deficit Model • DBT Treatment Targets and Hierarchy
12:45pm–1:00pm	Q & A and Homework Assignment
Day 2 – 3 June 2023 (Saturday)	
9:30am–9:40am	Mindfulness
9:40am–11:00am	DBT Assessment of Problems: Chain Analysis From Assessment to Treatment: Solution Analysis
11:00am–11:15am	Break
11:15am–12:45pm	DBT Core Solutions: Cognitive Modification and Exposure
12:45pm–1:00pm	Q & A and Homework Assignment
Day 3 – 9 June 2023 (Friday)	
9:30am–9:40am	Mindfulness
9:40am–11:00am	DBT Core Solutions: Contingency Management and Skills Training
11:00am–11:15am	Break
11:15am–12:45pm	Mindfulness in DBT: Wise Mind, Mindfulness WHAT and HOW Skills
12:45am–1:00pm	Q & A and Homework Assignment



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Time	Topic
Day 4 – 10 June 2023 (Saturday)	
9:30am–9:40am	Mindfulness
9:40am–11:00am	Distress Tolerance Skills: STOP, TIPP, ACCEPTS, Self-soothe
11:00am–11:15am	Break
11:15am–12:45pm	Distress Tolerance Skills: Reality Acceptance
12:45pm–1:00pm	Q & A and Homework Assignment
Day 5 – 16 June 2023 (Friday)	
9:30am–9:40am	Mindfulness
9:40am–11:00am	Emotion Regulation Skills: Model of Emotions, Check the Facts, Problem Solving
11:00am–11:15am	Break
11:15am–12:45pm	Emotion Regulation Skills: Opposite Action, ABC Please
12:45pm–1:00pm	Q & A and Homework Assignment
Day 6 – 17 June 2023 (Saturday)	
9:30am–9:40am	Mindfulness
9:40am–11:00am	Interpersonal Effectiveness Skills: DEARMAN, GIVE, FAST
11:00am–11:15am	Break
11:15am–12:45pm	Phone Coaching in DBT
12:45pm–1:00pm	Q & A and Closing



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About Dr. Debbie LEUNG

Dr. LEUNG is a **registered psychologist** and the **director of an out-patient psychology clinic in Vancouver, British Columbia**. She received her doctorate degree in Clinical Psychology from Stony Brook University in 2005, after completing her internship training at the Centre for Addiction and Mental Health (Child, Youth and Family Program) in Toronto. In 2009, Dr. LEUNG **completed a two-year post-doctoral fellowship with Dr. Marsha LINEHAN, treatment developer of DBT**, at the University of Washington, where she received intensive training and supervision in DBT and in research on Borderline Personality Disorder (BPD).



Dr. LEUNG has worked in various clinical settings. She is the **founder of a community-based group practice that offers evidence-based psychological services** such as Cognitive Behavioral Therapy (CBT) and comprehensive DBT. She provides training and supervisions to graduate trainees from the University of British Columbia, Simon Fraser University, University of Victoria, and Adler University. Further, she has presented research work in parenting and BPD in international conferences and published her work in these areas in peer-reviewed journals.

To promote psychology and evidence-based treatments, Dr. LEUNG has **provided workshops and presentations on various topics in psychology** to the general public and clinicians locally and internationally. She has also **provided clinical consultations to DBT teams and organizations in hospitals and community mental health settings**. As an affiliate of Behavioral Tech, she has **co-led and presented in days-long intensive DBT workshops**.

