



Dialectical Behavioural Therapy: 2-Day Workshop Course Schedule

Friday December 10, 2010

1:30-2:00pm	Registration
2:00-3:30pm	DBT's Biosocial Theory
3:30-3:45pm	Afternoon break (refreshments provided)
3:45-5:00pm	Structuring Treatment and Getting a Commitment to Engage in Treatment
5:00-6:00pm	Dinner break
6:00-7:30pm	Validation
7:30-7:45pm	Evening break (refreshment provided)
7:45-9:00pm	Mindfulness and Distress Tolerance Skills

Saturday December 11, 2010

10:00-11:30am	Behavioural Strategies
11:30-11:45am	Morning break (refreshments provided)
11:45-1:00pm	Dialectical Strategies
1:00-2:00pm	Lunch break
2:00-4:00pm	Emotion Regulation and Interpersonal Effectiveness Skills
4:00-4:15pm	Afternoon break (refreshments provided)
4:15-5:45pm	Putting everything together
5:45-6:00pm	Completion of evaluation forms

About the Instructor:

Shelley McMMain, Ph.D., C. Psych.



Dr. McMMain is a registered psychologist as well as a researcher, clinician and educator specializing in Dialectical Behaviour Therapy and Borderline Personality Disorder. Dr. McMMain is the Head of the Borderline Personality Disorder Clinic at the Centre for Addiction and Mental Health. She is an Assistant Professor in the Department of Psychiatry at the University of Toronto. She is also currently the principal investigator on Co-PI on two Canadian Institute of Health Research funded studies designed to evaluate the effectiveness of DBT for multi-disordered individuals.

Widely recognized as a leader in DBT, Dr. McMMain is frequently invited to give presentations on DBT and has offered consultation to hospitals on the co-ordination of DBT services for people diagnosed with Borderline Personality Disorder. In addition, she has published a number of journal articles and book chapters on DBT, personality disorders, the treatment of concurrent disorders and psychotherapy research. Dr. McMMain obtained her Ph.D. in clinical psychology from York University.