



**UNIVERSITY OF WATERLOO**  
**FACULTY OF ARTS**  
 Department of Psychology



centre for  
**mental health research**  
 CLINICAL SERVICES, TRAINING & RESEARCH

## Spring Workshop for Mental Health Professionals and Students

**Friday May 5, 2017**

**8:30am - 4:30pm**

**Fed Hall, University of Waterloo**

### Working Through Clinical Challenges: A DBT Perspective

Mental health practitioners routinely encounter clinical challenges. When clients struggle, a new approach can help them get unstuck. Dialectical Behaviour Therapy (DBT) provides a flexible, evidence-based model of care with a variety of useful core strategies for managing such challenges effectively, no matter what your theoretical orientation, client population, or practice setting. Attendees are expected to have basic knowledge and skills in psychotherapy. DBT novices and experts are both welcome.

**Attendees will:**

- 1. Learn how to incorporate DBT's model of care into your clinical practice**
- 2. Learn and practice core DBT strategies**
- 3. Learn how to promote healthy emotion regulation transdiagnostically**
- 4. Learn and practice DBT group skills and coaching skills**
- 5. Learn how to manage unique clinical challenges**

**TO REGISTER:** <https://uwaterloo.ca/mental-health-research/>

*Reserve your spot today! Space is limited.*

**Fees:** **\$150.00** Early Bird Fee (if registered by April 7, 2017)  
**\$200.00** Regular Fee

**Lunch provided and included in workshop fee**

### *Facilitator*



**Michelle Leybman,**  
**Ph.D., C.Psych.**  
**Centre for Addiction  
 and Mental Health**

**Dr. Leybman** is a Psychologist at the Borderline Personality Disorder (BPD) Clinic at the Centre for Addiction and Mental Health (CAMH). She completed her PhD at McGill University and did her internship at CAMH in both the BPD clinic and the Anxiety Disorders Clinic. Her current role involves providing group and individual DBT, conducting research, and supervising students who are learning psychotherapy. She also works privately to offer a broader range of clinical services, for example working with clients who have eating disorders, anxiety disorders, and general difficulties with emotion regulation. Dr. Leybman is deeply involved in training. She has developed several training programs and has provided training across Canada in various settings including health care facilities, correctional facilities, and school boards.

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