

## Workshop I

**Dialectical Behaviour Therapy Workshop**  
Saturday March 12<sup>th</sup>, 2014

### *About Dialectical Behaviour Therapy*

Dialectical Behaviour Therapy, or DBT, is an innovative and comprehensive psycho-educational therapy developed in the 1990's by an American Clinical Psychologist, Dr. Marsha Linehan. It was originally developed to help young women diagnosed with Borderline Personality Disorder, or BPD, to manage their emotional reactivity, chaotic relationships, low self-esteem, impulsivity, deliberate self-harm and suicidality. Over the years this therapy earned its popularity among therapists and patients alike, due to its effectiveness in helping participants begin to "live a life worth living".

DBT programs were developed, tried and tested for a wide range of mental health problems such as eating disorders, addictions, relationship problems, co-dependency, and of course anxiety, depression, anger and stress-management issues.

### *Workshop Focus*

The main focus of the workshop shall be on:-

- The Definition and prevalence of Borderline Personality Disorder
- The DSM5/ICD-10 criteria of BPD
- Marsha Linehan's Bio-Social Theory of Borderline Personality Disorder
- The "dialectical" strategies used in therapy,
- The core tool of "Chain Analysis"
- The four areas of skills that match the patient's deficits, namely, Emotion Regulation, Interpersonal Effectiveness, Distress Tolerance and Mindfulness.

### *Who should attend*

This workshop is for psychiatrists, clinical psychologists, counsellors, social workers, occupational therapists, psychiatric nurses and mental health practitioners interested in working with clients diagnosed with Borderline Personality Disorder in a one-to-one and/or group therapy model.

### *What you will learn*

This one-day conference will provide to the new DBT practitioner an evidence-based, hands-on introduction to the theory, principles and practices of Dialectical Behaviour Therapy, and to the established DBT practitioner a more advanced review of the core DBT skills that will refine and reinforce their previous knowledge and skills.

### *Other Topics raised*

Specific issues of individual and group therapy, inpatient and outpatient therapy, Telephone Coaching and Therapist Peer Consultation and Supervision requirements will be raised. Case examples from clinical experience with individual and group members will be presented.

### *How you will learn*

The learning will take place in a variety of formats, e.g. interactive slide presentations, paper-and-pencil exercises, video demonstrations, and experiential practice of various skills. There will also be ample time for questions from the audience. Pre-workshop reading and reference material will be posted on the workshop website for participants to prepare for the workshop.

### **Workshop II**

**Trauma & Post Traumatic Stress Disorder Workshop (PTST)**  
**Sunday March 13<sup>th</sup>, 2014**

### *About Trauma and Post-Traumatic Behaviour*

When humans experience, directly or indirectly very frightening or distressing events or “traumas” they can become “physically” and/or “psychologically” injured, and may develop major difficulties in their day-to-day functioning. Situations or events that can lead to trauma range from acts of violence such as assaults, armed holdups, murders, war or terrorism, to serious accidents, and to natural disasters such as floods, earthquakes and bushfires. Other violent acts like rape, child abuse, abductions, torture or suicide can also trigger traumatic reactions. The majority of people will recover soon after a “trauma”, but some will develop long-lasting problems. These depend on their temperament, previous stressful experiences, current level of stress, and their levels of support and resilience.

The major classes of symptoms that develop after a trauma encompass the emotional, cognitive, physical and behavioural domains of functioning. They can develop significant fear (or terror), intrusive thoughts and memories of the event, excessive alertness on the lookout for signs of danger, and avoidance of places or activities that are reminders of the event. These are normal anxiety reactions to the trauma, however, if they persist they can become Posttraumatic Stress Disorder and related disorders, e.g. depression or alcohol and drug problems.

### *Workshop Focus*

The main focus of the workshop shall be on:-

- The definition and prevalence of Post Traumatic Stress Disorder
- The DSM5/ICD-10 criteria for PTSD
- Outline of Exposure (Imaginal & Invivo), EMDR and Narrative therapies
- Introductory Psychoeducation
- Dealing with secondary problems/disorders (e.g. anger, depression, substance abuse, suicidality)
- Practicing Arousal reduction techniques
- Homework exposure practice
- Thought reframing strategies

### *Who should attend*

This workshop is for psychiatrists, clinical psychologists, counsellors, social workers, occupational therapists, psychiatric nurses and mental health practitioners interested in working with clients diagnosed with Posttraumatic Stress Disorder in a one-to-one and/or group therapy model.

### *What you will learn*

The conference will describe what traumas are and how they develop into PTSD. It will present the different factors that influence people to either recover from or develop PTSD, and the different types of services and therapies that assist the traumatized person. These range from simple psycho-education, to arousal reduction, anxiety management, Exposure Therapy, EMDR, Narrative Therapy and Neuro-Biofeedback. Emphasis will be made of the “Stop. Revive. Survive. & Thrive” approach to psychotherapy in trauma.

### *Other Topics raised*

Psychological First Aid, Therapist self-care strategies to avoid vicarious trauma. Case examples from clinical experience with individual and group members.

### *How you will learn*

The learning will take place in a variety of formats, e.g. interactive slide presentations, paper-and-pencil exercises, video demonstrations, and experiential practice of various skills. There will be also ample time for questions from the audience. Pre-workshop reading and reference material will be posted on the workshop website for participants to prepare for the workshop.

### Workshop III

**Assessment of clients for Dialectical Behaviour Therapy Workshop**  
**Monday March 14<sup>th</sup>, 2014**

#### *About Assessment of clients for Dialectical Behaviour Therapy*

The process of selecting clients for individual and/or group Dialectical Behaviour Therapy, or DBT, is a careful and systematic process of identifying “if the client is suitable for the therapy” and “if the therapy is suitable for the client”. This is a four-week, two-fold procedure that, if successful would culminate into a contract between the therapist and the client that outlines the behavioural changes the client wishes to make during the therapy. The process involves carrying out a thorough diagnostic assessment of the client’s history and mental state, and an exhaustive “real-life” demonstration of their motivation and commitment to undertake the therapy.

#### *Workshop Focus*

The main focus of the workshop shall be on:

- Obtaining a comprehensive psychological/psychiatric personal and family history from the client.
- Making a diagnostic assessment of any signs or symptoms of Borderline Personality Disorder according to the DSM5/ICD-10 criteria.
- Explaining to the client the central concepts of the DBT program.
- Setting homework tasks for the client to complete about their SMART goals for therapy, i.e. behaviours they want to decrease and decrease during therapy.
- Outline any Therapy Interfering Behaviours that the client can exhibit.
- Expecting the client to complete the daily Skills Diary during the assessment.
- Contract outline and requirements for review.

#### *Who should attend*

This workshop is for all mental health professionals interested in working with clients diagnosed with Borderline Personality Disorder in a one-to-one and/or group therapy model.

#### *What you will learn*

This one-day workshop will provide the DBT practitioner with a hands-on introduction to the practice of assessing the potential DBT client, as to their suitability and readiness for DBT individual and/or group therapy.

### *Other Topics raised*

The use of various psychological/psychometric questionnaires/tests will be demonstrated as part of this process. A demonstration assessment video will be shown.

### *How you will learn*

The learning will take place in a variety of formats, e.g. interactive slide presentations, paper-and-pencil exercises, video demonstrations, and experiential practice of various skills. There will also be ample time for questions from the audience. Pre-workshop reading and reference material will be posted on the workshop website for participants to prepare for the workshop.

### *About the presenter*

Hadi Stambouliah, B A (Honours), MAPS is a bi-lingual registered Australian Psychologist and full member of the Australian Psychological Society who worked for almost 37 years as a consultant, educator and clinician. He worked in various government and non-government organizations, as well as in private practice conducting psychological assessments and treatments for children and adults with a wide range of mental health conditions. He worked in various psychiatric inpatient and outpatient units, community mental health centers, forensic correctional centers and schools carrying out clinical psychological and consulting services, especially to Arabic-speaking clients. He also taught various psychology subjects at the undergraduate, graduate and post-graduate level at the School of Behavioural Sciences of the University of Sydney.

His areas of interest in assessment include the neuropsychological, intellectual, educational, personality and psychiatric conditions, and his areas of interest in psychotherapy include the psychodynamic, family therapy, cognitive-behavioural therapy, exposure therapy, eye-movement desensitization and reprocessing therapy, meditation, relaxation and mindfulness techniques, Dialectical Behaviour therapy, and more recently neuropsychotherapy and positive psychology.

In the past five years he worked intensely with psychiatric patients at an inpatient and outpatient setting, conducting assessments for and facilitating of groups of Dialectical Behaviour Therapy. This was for adults (18 – 65 year-olds) diagnosed with Borderline Personality Disorder and who suffered with significant emotional and interpersonal distress, low self-esteem, deliberate self-harm and suicidality.