

Dialectical Behaviour Therapy with Adolescents and Emerging Adults:

Overview and Skills Training with Teens, Young Adults, and Caregivers



Presented by:

Jill Rathus, PhD

Department of Psychology
Long Island University /
CW Post Campus

**Monday April 29 and
Tuesday April 30, 2019**
9:00 am - 4:15 pm

Registration and refreshments at 8:00 am
Lunch on your own at 11:45 am – 1:00 pm
Refreshments available at the afternoon break

**George Vari Engineering & Computing
Centre, Room ENG 103**
245 Church Street (at Gould St.)
Ryerson University, Toronto

*A special thank you to **The Jackman Foundation** for their generous support of this event. All proceeds from this workshop go to support travel expenses for Ryerson psychology graduate students to present their research at conferences.*

About the Presenter

Jill Rathus (PhD Stony Brook, BA Cornell) is Professor of Psychology at Long Island University/CW Post Campus in Brookville, NY, where she directs the DBT Clinical Research Lab. She is also cofounder and codirector of Cognitive Behavioral Associates in Great Neck, NY, where she directs the adolescent and college DBT programs. Dr. Rathus' research and clinical practice areas include DBT for adolescents, adolescent suicidality, personality assessment, CBT, anxiety disorders, and relationship distress. She codeveloped DBT for Adolescents, co-authored the primary texts on adolescent DBT – *DBT with Suicidal Adolescents* (2007, Guilford Press), and *DBT Skills Manual for Adolescents* (2015, Guilford Press). She also codeveloped an adaptation of DBT for school settings (*DBT Skills in Schools: DBT STEPS A*, 2016, Guilford Press), serves as a DBT trainer for Behavioral Tech, and teaches and consults with mental health professionals internationally.

Workshop Overview

An important development for Dialectical Behavior Therapy (DBT) over the past decade is its adaptation for adolescents with multiple problems who are at high risk for suicidal and self-injurious behavior. DBT for adolescents was developed by Drs. Jill Rathus, Alec Miller, and Marsha Linehan to address the complex and unique challenges that arise during treatment with these adolescents and their families. In recent years, Rathus and Miller (and others) have also applied this treatment to young/emerging adults, who experience their own challenges related to launching and other aspects of their developmental stage. In this 2-day workshop offered by Dr. Rathus, participants will learn about DBT skills training with teens, young adults, and their families. Dr. Rathus will provide an overview of DBT applied to adolescents and emerging adults, with an emphasis on the adaptations made to standard DBT to address the needs of teens/young adults and their families, including a particular focus on multifamily skills training groups and the latest DBT skills for families. Strategies for bringing DBT principles to skills training, engaging teens and parents, and group management will be provided. Ample demonstrations, experiential exercises, and role plays will help illustrate workshop content.

Recommended Readings

Rathus, J.H., & Miller, A.L. (2015). *DBT@ skills manual for adolescents*. New York, NY: Guilford Press. Participants who purchase this manual are encouraged to bring it to the workshop, as manual handouts and worksheets will be used throughout the workshop (these will also be projected on the screen)

Miller, A.L., Rathus, J.H., & Linehan, M.M. (2007). *Dialectical behavior therapy with suicidal adolescents*. (2007). New York, NY: Guilford Press.

PARTICIPANTS WILL:

- Develop a clear understanding of DBT as developed specifically for adolescent populations.
- Learn about the adaptations made to standard DBT to address the needs of adolescents and their families.
- Be able to describe developmental and treatment considerations for applying DBT with emerging adults.
- Learn how to structure DBT skills groups for teens and young adults, and how to manage multifamily groups using DBT strategies.
- Learn how to teach DBT skills to teens, young adults, and caregivers.
- Become familiar with the updates to DBT skills for teens, young adults, and parents.

AGENDA FOR DAY 1

- Overview of DBT
- Adaptations to standard DBT for teens, emerging adults and families - Rationale
- Research supporting DBT for adolescents
- Structuring Treatment for teens, young adults and parents
- Teaching and engaging teens, young adults and caregivers
- Orienting teens, young adults and caregivers to DBT skills

AGENDA FOR DAY 2

- Mindfulness skills
- Distress tolerance skills
- Walking the middle path skills
- Emotion regulation skills
- Interpersonal effectiveness skills

Registration Information

Please complete online registration at:

www.psych.ryerson.ca/workshop/rathus

Registration Fees (plus 13% HST)

\$230 (early bird fee received by April 1, 2019)

\$270 (regular fee, professional)

\$130 (full time student fee, with copy of valid student ID*)

* Please email (workshops@psych.ryerson.ca) a copy of your student ID within 1 week of registering online.

Payment Options

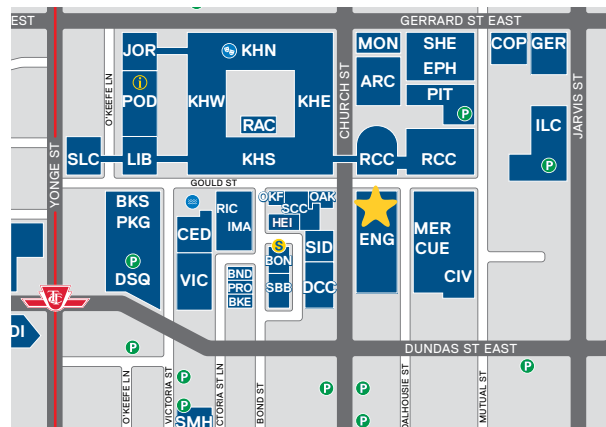
Upon registering online at www.psych.ryerson.ca/workshop/rathus, you will have two payment options:

Option 1: Payment by credit card (Visa or Mastercard) via online registration page

Option 2: Payment by cheque (please include 13% HST; payable to "Ryerson University") and mailed (within 10 days of registering online) with a copy of your online registration invoice to:

Dr. Martin M. Antony

Psychology Department, Ryerson University
350 Victoria Street, Toronto, ON M5B 2K3



Directions

The George Vari Engineering and Computing Centre (Room ENG103) is located at 245 Church Street, one street north of Dundas Street.

Parking: Paid parking is available in nearby parking lots on Victoria, Dundas, and Church Streets, and the Eaton Centre.

Public Transit: The TTC Dundas Street Subway station is a short walk north on Yonge Street, then east on Gould Street.

If you have any questions please contact:
workshops@psych.ryerson.ca

Cancellation Policy: Refunds subject to \$15 cancellation fee. No refunds after Friday, April 12, 2019.

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