

# When you dread your next session: Applying DBT principles to therapy

## Workshop Overview:

We all work with clients who test our capacity to connect with them, feel compassionate, and act competently. Clients may present as relentlessly hopeless, passive, and incapable. They may direct their anger toward us or accuse us of being ineffective. Or they may be especially high-risk, causing us to worry that they will harm themselves or someone else, and that we will face professional or legal consequences.

These behaviours can leave us feeling anxious, ashamed, and resentful, resulting in us emotionally detaching and giving up. How do we manage this?

Dialectical behaviour therapy (DBT) provides a model. But doesn't DBT require multiple modes of treatment and intensive consultation? What do clinicians do when they don't have such a structure in place?

This workshop will present principles and strategies from DBT that clinicians can integrate into their therapeutic work with so-called "demanding" clients. Participants will learn to apply DBT's biosocial model to their own experience and use acceptance, change, and dialectical paradigms to treat their own burnout and strengthen their capacity to work with the clients that most challenge them.

## Audience:

This workshop is open to Psychologists, Psychology students as well as other mental health professionals with an interest in the topic. For more information about please contact: [apns@apns.ca](mailto:apns@apns.ca)



## When you dread your next session: Applying DBT principles to therapy with clients that leave you feeling helpless, demoralized, and resentful ~ presented by Dr. Jacquie Cohen & Dr. Marie-Eve Couture

Friday, June 9, 2023 - 9 am - 4:30pm, Dalhousie University, Halifax: Venue t.b.a.



Dr. Jacquie Cohen, R.Psych., is the Provincial Leader of Training and Education for NSH's Mental Health and Addictions Program, leading the clinical training of mental health clinicians throughout NSH. Prior to this role, she co-founded and co-led the BPD Treatment Program at NSH then worked as an Advanced Practice Lead, developing a stepped care model for BPD

treatment and training clinicians in dialectical behaviour therapy (DBT) and good psychiatric management. Dr. Cohen is the current President and past Certification Chair of the Canadian Association of Cognitive and Behavioural Therapies (CACBT), and co-authored CACBT's National Guidelines for Training in CBT. She is the former Director of Training of the Halifax Clinical Psychology Residency Program, a past Board Member of the Canadian Council of Professional Psychology Programs, and an Assistant Professor with the Department of Psychiatry at Dalhousie University. Dr. Cohen is certified in CBT by CACBT and in DBT by the DBT-Linehan Board of Certification® and is a DBT-PE provider.



Dr. Marie-Eve Couture (Psychologist, Candidate Register) has worked at the Borderline Personality Disorder Treatment Program at the Nova Scotia Health Authority for nearly 5 years, starting as a resident. She completed her doctoral training at Dalhousie University and her practicum placements and post-doctoral internship in various services across Nova Scotia Health. Her doctoral

research primarily investigated drinking to cope with depression among undergraduate students, though she also completed research looking at motives for drinking, motives for gambling, smoking among individuals with psychotic disorders, and anxiety sensitivity.

Dr. Couture is passionate about teaching Dialectical Behaviour Therapy (DBT) skills to both clients and treatment providers, and about integrating Cognitive-Behavioural Therapy, Acceptance and Commitment Therapy, and positive psychology principles into a DBT framework.

## Schedule

830 am - Registration and refreshments  
 9:00 am - Workshop begins  
 10:30 to 10:40 am – 10-min Refreshment Break  
 12 to 1:15 pm – Lunch (provided)  
*The Annual General Meeting will be held during lunch break. APNS members are encouraged to attend.*  
 1:15 pm - Workshop resumes  
 2:30 – 2:40 – 10-min Refreshment Break  
 4:30 - Workshop ends

## When you dread your next session

**Members - Earlybird** \$200  
**Members after May 15th** \$215  
**Non-members - Earlybird** \$215  
**Non-members after May 15th** \$225  
**Student members** \$75  
**Student non-members** \$100  
**Interns/Residents** \$100  
**Groups of 4 or more - \$25 off rate as above.**  
**Student groups of 4 or more - \$15 off rate.**  
*(Please contact [apns@apns.ca](mailto:apns@apns.ca) to arrange)*

Do you have any food sensitivities?

Do you have any mobility issues?

Name	Cheque	MasterCard	Visa
E-mail	Credit Card #		
Phone	Expiry Date		
You may also pay by e-transfer to <a href="mailto:apns@apns.ca">apns@apns.ca</a>			

**Deadline for registration - 12 noon, June 7.** Please contact APNS to reserve space. A non-refundable admin fee of \$35. will be charged for all late cancellations. Notification must be received by APNS 3 days prior to the workshop to be eligible for a refund.

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