



12 Day Comprehensive Training

with a focus on DBT for families

with Professor Alan Fruzzetti

About the presenter

Dr. Alan E. Fruzzetti earned a M.S. and Ph.D. in clinical psychology from the University of Washington, is Professor of Psychology and the Director of the Dialectical Behavior Therapy and Research Program at the University of Nevada, Reno. He is also Co-Director of the DBT program at Willow Springs Center, a residential care facility for teens, the Director of Research for the National Education Alliance for Borderline Personality Disorder, and on the Board of Directors of the Linehan Institute.

In addition to his work with suicidal and self-harming adults and teens, Dr. Fruzzetti also has developed multiple applications of DBT for women victims of domestic violence, eating disorders, and for partners, parents and other family members of people with borderline personality and related problems.

He has authored more than 100 research and clinical papers and book chapters, and two books, and is the co-creator of the NEA-BPD Family Connections program, for parents, partners, and other loved ones of people with BPD and related problems. He was honoured as the "Psychologist of the Year" in Nevada in 2010 and honoured by the International Society for DBT with its career "DBT Research Award" in 2013.

Te Whare Mahana Trust DBT Intensive Treatment Centre is proud to be hosting a comprehensive DBT training with Professor Alan Fruzzetti.

In addition to the standard DBT training content, there will also be a focus on the application of DBT to family work. Attendance at both sessions is required.

Part 1 July 28 - August 3, 2016 (rest / catch up day on the Sunday)

- Theory, Structure, Targets and Treatment Strategies
- DBT Skills, Group Skills training, and Skill Coaching
- Getting DBT Started in your Setting

Part 2 March 9 – 15, 2017 (rest / catch up day on the Sunday)

- Program Development, Consultation team, Case and Program Consultation
- Family & Parenting Skills and Interventions
- Treatment Adherence, Building Competence

The training format will include lectures, demonstrations, role-playing, group exercises, videos, and utilisation of participants' actual clinical cases. Team consultation will be available between training sessions.

DBT Consultation team requirements

■ Participants are required to attend in groups of two or more (preference is teams of 4 or more persons) who will continue as a peer consultation team during and after the training is completed.

■ Individuals who plan to join an existing consultation team at their clinical site are welcome also.

■ Ongoing participation in a DBT consultation team is required. If you wish to attend and need to be linked in with others to form a new DBT consult team please contact Dr. Shelley Harvill, TWM DBT Clinical Manager to discuss whether this may be possible (sharvill@twm.org.nz).

This training meets the intensive training requirements for eventual DBT certification



Te Whare Mahana Trust is a non profit organisation dedicated to helping people discover a life worth living.

Since its founding in 1989, the Trust has evolved from a passionate group of volunteers to a team of trained professionals. Almost 30 years later, we remain committed to providing quality mental health services following best practice guidelines, and with genuine warmth and caring.

Today Te Whare Mahana is comprised of three branches. Two of the branches, The Community Mental Health Service and Employment and Vocational Service, offer a range of recovery-focused clinical, crisis, and vocational support services to the wider Golden Bay community.

The third, The DBT Intensive Treatment Centre, is unique in New Zealand, offering evidence based treatment in a residential setting for people with serious emotion dysregulation and multiple coexisting problems. Established in 2000, the programme has proven effective for clients in making long-lasting changes in their lives. Referrals from mental health professionals are accepted from across the country.

This training is being sponsored by Te Whare Mahana Trust, a non-profit mental health provider in Golden Bay, New Zealand. Our DBT Intensive Treatment Centre is the only residential DBT programme in NZ for those with Borderline Personality Disorders, and similar problems, and is funded by the Ministry of Health and ACC.

For more information about the DBT Intensive Treatment Centre or enquiries about the referral process please visit our website www.twm.org.nz



Venue and Accommodation

Venue: Trailways Hotel in Nelson

66 Trafalgar Street, Nelson, New Zealand, www.trailways.co.nz

P +64 3 548 7049 | F +64 3 546 8495 | E enquiries@trailwayshotel.co.nz

Close to city centre and main amenities, they are also providing a special training workshop accommodation rate of \$129 per night.



Other Accommodation

- The Prince Albert Backpackers www.theprincealbert.co.nz
- Almond Backpackers www.almondbackpackers.co.nz/
- The Sails Nelson www.thesailsnelson.co.nz/

Costs

\$3200 GST incl registration per person for 12 days

\$2700 GST incl 'early' registration prior to 3 June 2016

Tuition fees are transferable but non-refundable. However, if minimum numbers are not met, all monies will be reimbursed. Lunch and snacks included.

DBT INTENSIVE TRAINING 2016 WITH ALAN FRUZZETTI

NELSON—NEW ZEALAND

Trailways Hotel

Part 1 | 2016 | July 28—30, August 1—3 | 8:30am to 5:30pm
Part 2 | 2017 | March 9—11, March 13-15 | 8:30am to 5:30pm

To register please visit our website www.twm.org.nz

