

An AACBT Masterclass

# Improving your DBT practice – getting the most out of an individual DBT session



Learn what typically goes wrong in DBT individual sessions, how to recognise & repair this, and then not repeat it. Come and learn from an experienced clinician who 'walks-the-talk'.

## GUEST SPEAKER DR SIAN JEFFERY

This presentation will focus on the core components or 'nuts and bolts' of a Dialectical Behaviour Therapy (DBT) individual therapy session.

Learn how to structure a 50 minute individual session to assist multi-problem, often high risk, clients to get the most of therapy.

This presentation will include examples of what typically goes wrong in DBT individual sessions and how to repair these issues, as well as avoiding them in the future.

Strategies to engage clients and improve commitment and motivation will be modelled. A particular focus will be on strategies to increase the clients' use of newly learnt DBT skills. We will also look at ways to evaluate your own DBT sessions and ensure fidelity to the treatment.

*Dr Jeffery provides regular supervision in DBT and has consulted to a number of public and private services across Australia as they established and run their own DBT programs. She has been an invited reviewer for journal articles in this area and has provided numerous presentations and workshops on working with borderline personality disorder and DBT around Australia. Sian is also involved with the National Education Alliance for BPD Australia providing leaders training for the Family Connections program.*

- **When** 10am-12:30pm, Saturday 21 April 2018
- **Where** The Niche, 11 Aberdare Road (Corner Hospital Ave), Nedlands, WA
- **Tickets** AACBT Members Free / Non-Members \$50

**Dr Jeffery** has been the Coordinator of the DBT programs at Fremantle Mental Health Service (FMHS) since 2009. Dr Jeffery was involved in the establishment of both the comprehensive year-long DBT program and a 20 week DBT skills group at FMHS.

She has a keen interest in personality disorders and was involved in the establishment of a state-wide Personality Disorders Interest Group in Western Australia and was the inaugural chair of this group.



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