

An introduction to DBT Skills for Adolescents in General Practice

Mindfulness, Validation & Collaborative Risk Management

RACGP CATEGORY 1 Event (40 CPD points applied for)

Saturday 15 June 2019 | 9am to 4.45pm

WA Primary Health Alliance, Level 2, 7 Tanunda Drive, Rivervale WA

**Registrations via http://bit.ly/DBTSkills_June15 or
contact metro.phn@wapha.org.au**

Registrations close Friday 14 June or until places are filled.

Cost: No cost

DBT is a psychotherapeutic treatment for people who experience difficulty managing their emotions and resulting behaviours such as:

- Experiencing emotions that are highly reactive, intense, and slow to recover
- Problem behaviours such as self-injury, suicidal behaviour, substance misuse, school avoidance, disturbed eating and risky sexual behavior
- Interpersonal difficulties which can result in frequent intense conflict with family and peers
- Feelings of emptiness and identity confusion

Dialectical Behaviour Therapy (DBT) was originally developed by Dr. Marsha Linehan in the 1980s who integrated the science of change of cognitive behaviour therapy (CBT) with the art of acceptance, creating the central dialectic of DBT – acceptance AND change. Participants experience validation as they work to develop their emotional and behavioural regulation skills. DBT has been adapted to working with adolescents, making it directly responsive to their developmental needs and the needs of their carers, and has a strong and growing evidence base.

This education session will focus on two essential components of DBT, Mindfulness and Validation, and discuss the benefits of collaboration assessment, management of risk, and the establishment of safety plans that are respectful, empathetic, empowering and skills focused.

By the end of this education session, GPs will be able to:

- Develop a risk management plan with young people, enabling the GP and young person to easily transfer key risk management strategies and information across the family & health care system.
- Utilise mindfulness skills as taught within the Dialectical Behaviour Therapy model.
- Identify the ways in which a young person may invalidate themselves and others, and acquire a clear conceptualisation of the skill of validation.

Presenters



Dr. Pauline Cole

MBBS, BCouns, FRANZCP

Dr Pauline Cole is a Consultant Psychiatrist specialising in Dialectical Behaviour Therapy (DBT) informed psychotherapy. She is passionate about exploring psychotherapy alternatives for complex patients.

Dr Cole trained in London then migrated to Australia. She worked as a General Practitioner prior to undertaking psychiatry studies in Western Australia. She has over ten years experience working with the DBT model and has attended training provided by the developers of DBT including Dr Marsha Linehan, Dr Linda Dimeff, Dr Kelly Koerner and Dr Alec Miller.

Dr Cole is the Lead Clinician for a new pilot project at Lifeline WA: DBTeen. This pilot project is aimed at supporting young people with severe emotional regulation difficulties in a primary care setting.



Dr. Peter McCarrey

MBBS, DRCOG, Lib (Hons)

Dr McCarrey has experience in all aspects of Family General Practice after having worked many years in Hospital in Perth and the United Kingdom. His special interests include: Mental Health, Paediatrics, Aged Care & Disease Management, Sports Medicine.

Dr. McCarrey recently attended an intensive introduction to DBT for Adolescents hosted by Lifeline WA and funded by the WA Primary Health Alliance.

The event, facilitated by Dr. Alec Miller and Dr. Kelly Graling was part of Lifeline WA's commitment to upskill youth mental health workers across Perth in the appropriate use of DBT strategies, improve early identification and appropriate treatment of severe emotional dysregulation.

DBTeen: Mental wellbeing skills groups for young people and families.

DBTeen offers skills training for 14-18 year olds who are experiencing difficulty in regulating their emotions. For more detail on the DBTeen Program go to our website www.lifelinewa.org.au/Services/DBTeen