

A One Day Seminar

Borderline Personality Disorder and Dialectical Behavior Therapy

With

Dr. Jennifer Sayrs

Designed to provide mental health professionals with basic and advanced knowledge in treating Borderline Personality Disorder in adults and children

**Saturday, May 24, 2003
9:00am to 5:00pm
(Registration is at 8:30am)**

**ALASKA PACIFIC UNIVERSITY
Atwood Center
Anchorage, Alaska**

Co-Sponsored by:

Alaska Psychological Association (AK-PA)
Alaska Pacific University

Objectives of Seminar

Participants will learn:

- ❖ a biosocial theory of borderline personality disorder that informs treatment planning
- ❖ the treatment targets of Dialectical Behavior Therapy (DBT) and how to prioritize these targets and structure treatment for individuals with multiple, severe problems
- ❖ several treatment strategies used in DBT, including behavioral change strategies, validation, and communication strategies

Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is a comprehensive, multi-component, cognitive-behavioral psychotherapy designed to treat chronic, severely dysfunctional individuals with borderline personality disorder. It consists of a unique balance of behavioral change strategies from cognitive and behavioral therapies and acceptance strategies from Zen practice. The treatment is a combination of weekly individual psychotherapy and group psychoeducational skills training. The treatment also focuses on minimizing therapist burnout when working with very difficult clients.

In recent years, DBT has been adapted to treat several other problems related to emotion dysregulation, including substance abuse, binge eating disorder, behavioral dyscontrol in adolescents, and depression in the elderly. There have been several randomized clinical trials to support the efficaciousness of DBT.

About the Speaker

Dr. Jennifer Sayrs received her BS at the University of Washington and her Ph.D. at the University of Nevada, Reno. She received extensive training in Dialectical Behavior Therapy (DBT) and behavior theory throughout graduate school. She then served as a postdoctoral fellow with Dr. Marsha Linehan at the University of Washington, where she was clinical coordinator of Dr. Linehan's research clinic. She was a DBT research therapist and supervisor of two clinical trials at the University of Washington. Dr. Sayrs' experience with DBT includes adults, adolescents, couples, families, and forensic populations, as well as adherence coding for individual DBT. Dr. Sayrs currently works at the DBT Center of Seattle and provides DBT workshops to mental health practitioners throughout North America for the Behavioral Technology Transfer Group. She is licensed as a psychologist in the state of Washington.

Workshop Schedule

- 8:30 Registration
- 9:00 Introduction and Overview
- 9:30 DBT as Frame: Structure of Treatment
 - What is BPD? How does one develop problems with emotion dysregulation?*
 - What is Dialectical Behavior Therapy?*
- 10:30 Break
- 10:45 DBT as Frame – continued
- 11:30 DBT as Behavior Therapy
 - The science of changing behavior*
- 12:00 Lunch
- 1:00 DBT as Behavior Therapy – continued
- 1:45 DBT with Validation Added
 - Acceptance strategies*
- 2:15 Break
- 2:30 DBT with Validation Added – continued
- 3:00 DBT with Dialectics
 - What makes DBT different from other treatments?*
- 3:45 Break
- 4:00 DBT as Practice
 - DBT and the therapist; skills training*

Continuing Education

Borderline Personality Disorder and Dialectical Behavior Therapy is co-sponsored by The Alaska Psychological Association (AK-PA). AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

Six (6) continuing education credits will be awarded to participants who attend the entire one day workshop as offered. Partial credit cannot be given.

