



Te Whare
Mahana
Trust



When : from 8:30am to 5pm
Friday 14th & Saturday 15th
February 2020

Where : Motueka Community House
Decks Reserve, Motueka
(plenty of parking available in
Decks Reserve)

Cost : \$350
includes 2 days of training with
morning tea & lunch (gluten-
and dairy-free options
available)

The monthly supervision group
meets on the 3rd Friday of the
month from 10 to 12, March to
November at Community House
starting on 20th March 2020.
The cost is \$60 per session.

TO REGISTER

Go to the DBT Training tab
at www.tuihouse.org.nz

For more information contact:

Renee Alleyne 027 734 5290
or Elaine Partridge 021 161 7484
or Email: dbt@tuihouse.org.nz

DBT

Dialectical Behavioral Therapy Introductory Train
Te Whare Mahana Takaka in Partnership with Tui House Motueka 2020

TRAINERS

Dr. Shelley Harvill
Clinical Manager - Te Whare Mahana



Dr. Shelley Harvill is a clinical psychologist and has served in the role of Clinical Manager at Te Whare Mahana's National DBT Service since 2016. Shelley has completed multiple DBT intensive trainings, including Radically Open DBT, which is aimed at people with over-control issues as found in treatment resistant depression and eating disorders. She also brings experience with integrating prolonged exposure therapy with DBT to help clients better manage problems related to PTSD. She has provided multiple trainings and consultations in the United States, Canada, and New Zealand.

Jay Indik
LCSW Lead Therapist - Te Whare Mahana



Jay Indik has been the Lead DBT therapist at Te Whare Mahana since November, 2017. Jay was intensively trained in 1998. Jay has practiced and developed DBT programs, as well as offered trainings, supervision and consultation in the United States and Puerto Rico. He presented on Consulting to Consultation Teams, an In-home DBT model and a family therapy model at ISITDBT conferences in 2002, 2005, and 2007. Jay has published on adolescent DBT and a DBT model of family therapy.

COURSE OUTLINE

You will learn:

- 1) A nonjudgmental way of understanding how patterns of emotional dysregulation develop
- 2) Core DBT Principles
- 3) How and when to use acceptance and change strategies (and how dialectics helps you do both)
- 4) Key DBT skills from the 4 modules: mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness
- 5) How to prioritize treatment targets

This introductory weekend will be followed up by monthly supervision and supported by consultation with the trainers. A follow-up two day training will take place in August 2020. Priority places will be given to those who have a commitment to the full DBT practitioner training in the long term.

For those who plan to use DBT in your practice, attendance at the follow up monthly supervision/consultation is required.