

Introduction to Dialectical Behaviour Therapy

How it helps people with Personality Disorder

Friday 19 July 2019

The Queens Hotel, City Square, Leeds, LS1 1PJ
9.30am Registration, 10am Welcome and 4.30pm, Close

This day session aims to deliver an awareness level introduction to Dialectical Behaviour Therapy (DBT) and how it helps people who have difficulties consistent with the diagnosis of personality disorder. To fully understand the model and its application the training will discuss personality development and how we might understand the difficulties experienced by those who are given the diagnosis. We will then consider strategies and skills that will assist practitioners in their clinical work to help enable a "tool-kit" to build upon existing clinical resource. We will consider how the skills used to help service users are also helpful in keeping practitioners safe and well in the work.

This course aims to provide delegates with:

- An understanding about the daily struggles for people with personality disorder
- More confidence in practice
- An increased resource to help in personal practice

Programme:

9.30am	Welcome and Introduction Sara Demaine, Adult Psychotherapist Registered Member, Leeds & York Partnership NHS Foundation Trust	1.15pm	Validation as strategy
		2.15pm	~ Afternoon refreshments ~
10.00am	Emerging Personality Disorder	2.30pm	Tool-kit skills to help with distress tolerance
11.15am	~ Morning refreshments ~	4.00pm	Discussion Session
11.30am	Overview of Dialectical Behaviour Therapy	4.30pm	Evaluation and Close
12.30pm	~ Lunch ~		

Course Fees:

£185.00

All learning materials, lunch and refreshments are included.

Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

This conference is suitable for:

Practitioners working in primary and secondary care mental health settings and who have an interest in working with people with personality disorder.



Andrew Sims Centre Reservation Form

Course Title: **Introduction to Dialectical Behaviour Therapy**

Date: **Friday 19 July 2019**

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

..... Postcode

Work Telephone Mobile

Email

Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick []

COURSE FEES

[] One Place £185.00

Promotional Code Making Course Fee £.....

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC190719-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
Purchase Order Number
- LYPFT Internal Transfer:**
Budget Holder Name.....
Budget Holder Email
Budget Code:
Budget Holders signature
Budget Transfer will occur in **July 2019**

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

THE VENUE

The Queens is within easy reach of the M62, M1 and M621. The hotel is adjacent to Leeds train station, as well as being just 12 miles from Leeds Bradford airport. You can directly access the hotel via the station, through a private, covered walkway. For SatNav please use post-code LS1 4DY.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Pure360 and Attercopia Ltd according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []