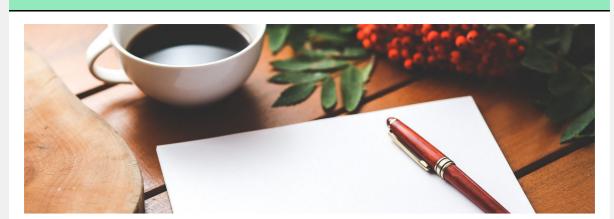


## **UPCOMING WEBINARS**



## **MONDAY, JUNE 29, 2020**

7 PM EDT

#### Borderline Personality Disorder: What is it and how do we treat it?



#### Presented by Dr. Skye Fitzpatrick In a 45 minute webinar, Dr. Fitzpatrick will provide an easy-to-understand

overview of Borderline Personality Disorder (BPD), how researchers currently understand it, and briefly describe what the science says about how to treat it. Following this webinar, Dr. Fitzpatrick will do a brief Q&A

**TUESDAY, JULY 7, 2020** 

**REGISTER NOW** 

## 4:30 PM EDT

# Dialectical Behaviour Therapy for BPD: An Initial Overview



## Dialectical behavior therapy (DBT) is a gold standard psychological

Presented by Dr. Amanda A. Uliaszek

intervention for borderline personality disorder (BPD). While it began as an intervention targeting suicidal behavior, it has now been validated for a range of disorders. Further, DBT is considered to offer instruction in a range of coping behaviors that can serve any age group and provide resilience factors for family members and significant others of those experiencing mental distress, as well as be helpful to anyone who may be dealing with stress or change. Despite promising clinical and research results, many are unaware of the benefits of DBT, how it may help them or their loved ones, and ways to understand the components when a standard DBT program is not available. This webinar seeks to explain the basic components of DBT, provide experiential examples of DBT-related techniques, and share resources related to obtaining DBT treatment. Material covered is geared toward those in the community that may be living with or living with someone experiencing high levels of distress, negative emotions, or damaging behaviors. By the end of this webinar, the audience should understand the basic components of DBT and have some knowledge of what one might expect when receiving this treatment.

# **CAN'T ATTEND OUR WEBINAR?**

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#### Don't worry if you can't attend the live webinar - the full presentation will be recorded. Please do

NOT cancel your registration and the recording will be emailed to you the day after the webinar has ended. Please send your questions, comments and feedback to: <a href="mailto:programs@abmf.charity">programs@abmf.charity</a>

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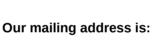
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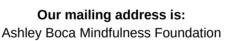
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