



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

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TUESDAY, JULY 7, 2020

4:30 PM EDT

Dialectical Behaviour Therapy for BPD: An Initial Overview



Presented by Dr. Amanda A. Uliaszek

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

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