Mindfulness and Emotion Regulation Skills in Dialectical Behaviour Therapy (DBT)

SPEAKER: Alexander L. Chapman, Ph.D., Registered Psychologist
Associate Professor, Simon Fraser University
President, DBT Centre of Vancouver
Welcome to the 2013 Spring Convention of the Michigan Psychological Association. The Program Committee has once again secured an excellent speaker, Alexander L. Chapman, Ph.D., R.Psych., who will give us the latest clinical information on Mindfulness and Emotion Regulation Skills in Dialectical Behavior Therapy (DBT).

This convention is an excellent opportunity for our members to network and become more familiar with colleagues throughout Michigan. We welcome all to this convention. If you are not a current member of MPA, we would love to meet you and welcome you into the community of Michigan psychologists.

The Henry Center is a wonderful venue and we know you will appreciate the beautiful grounds, delicious food and the comfortable facility.

I want to thank you for attending and supporting MPA and we hope that this conference expands your knowledge as well as giving you CE credits in compliance with APA.

William Nicholson PhD, President
Michigan Psychological Association

Lunch & Learn
MPA board members and other leaders will host special tables to answer your questions about:

- Ethics
- Public education
- Diversity
- Licensing
- Legislation
- Insurance
- MPA Foundation
- And much more...

MPA Annual Business Meeting:
Friday, 5:00 - 5:30 p.m.

Meet & Greet —
Tripper’s Sports Bar & Grill: 6:00 p.m.

Meet the MPA Executive Director. Honor your colleague’s special achievements, catch up with old Friends, and make new ones. This event is a cash bar. Tripper’s is located in the Frandor Shopping Plaza, 350 Frandor Avenue, Lansing, MI 48912.
Our Featured Speaker

Alexander L. Chapman, Ph.D.

Dr. Alex Chapman, a Registered Psychologist, is an Associate Professor in the Department of Psychology at Simon Fraser University (SFU) and the President of the DBT Centre of Vancouver. Dr. Chapman directs the Personality and Emotion Research Laboratory at SFU, where he studies the role of emotion regulation in BPD and related problems. He has received the Young Investigator’s Award of the National Education Alliance for Borderline Personality Disorder, the CPA Early Career Scientist Practitioner Award, and a Career Investigator Award from the Michael Smith Foundation for Health Research. He has co-authored four books, including The Borderline Personality Disorder Survival Guide. His full bio can be found at www.dbtvancouver.com.
Clients with a variety of difficulties (personality disorders, depression, anxiety disorders, substance use problems, and eating disorders) often have one important thing in common – difficulty understanding, regulating, and managing emotions. Originally developed for highly suicidal women, Dialectical Behaviour Therapy (DBT) includes several practical **Emotion Regulation Skills** that can be used in both individual and group therapy to help clients learn how to better understand and manage their emotions.

In order for any of us to manage emotions effectively, we have to be able to first step back, notice how we are feeling, what we are doing, and what is happening right now, in the present moment. Along these lines, DBT also includes **Mindfulness Skills** designed to help clients awaken their minds to the experience of the present moment. Mindfulness also has been incorporated effectively into treatments for a variety of other clinical concerns.

In this workshop, we will teach participants about some of the core DBT Mindfulness and Emotion Regulation Skills, focusing on ways to teach and use these skills in clinical practice, particularly with multi-problem clients.

The Workshop will involve didactic presentation, video and/or audiotape demonstration, experiential exercises, and active participation and practice of new strategies and skills.

**Workshop Objectives**

*Following this day of training, participants will be able to:*

1. Describe and use in practice some of the core DBT Mindfulness Skills.
2. Learn how to enhance their own mindfulness as therapists or health/mental healthcare providers.
3. Describe and use in practice some of the core DBT Emotion Regulation Skills.
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AGENDA

8:30 a.m.  Registration & Continental Breakfast
9:00 a.m.  Introductions and Orientation
9:30 a.m. - 10:30 a.m.  Theory, Mindfulness Skills
10:30 a.m. - 10:45 a.m.  Break
10:45 a.m. – Noon  Mindfulness Skills
Noon - 1:30 p.m.   Lunch & Learn and Awards
1:30 p.m. - 3:00 p.m.  Emotion Regulation Skills
3:00 p.m. - 3:15 p.m.   Break
3:15 p.m. - 4:45 p.m.  Emotion Regulation Skills
4:45 p.m.- 5:00 p.m.  Evaluations, Wrap-up
5:00 p.m. - 5:30 p.m.  Annual Meeting
6:00 p.m.  Meet & Greet —
Tripper’s Sports Bar & Grill,
Frandor Shopping Plaza,
350 Frandor Ave., Lansing, MI 48912

Eligibility for Continuing Education Credits:
The Michigan Psychological Association (MPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The MPA maintains the responsibility for the program and its content. In accordance with APA rules, those arriving more than 15 minutes late or leaving more than 15 minutes early will be unable to obtain continuing education credits.
Hotel Reservation Information

The 2013 MPA Spring Convention at the Henry Center part of the Michigan State University in Lansing. A limited block of rooms at the Candlewood Suites, attached to the Henry Center, will be held until March 12th at a cost of $89 each. When making your reservation, let Candlewood Suites know you are with the MPA Convention. For Reservations call: 517-351-8181.

The James B. Henry Center for Executive Development

3535 Forest Road • Lansing, MI 48910

Basic directions: Exit US 127 at the Jolly Road exit (1st exit north of I-96 intersection). At the end of the exit ramp turn left (east) on Dunkel. Turn left (north) on Collins Road. In approximately one mile, turn left (west) on Forest Road. The Henry Center for Executive Development and Candlewood Suites is located on the immediate right.

Tripper’s Sports Bar & Grill

Frandor Shopping Plaza, 350 Frandor Avenue, Lansing, MI 48912

For a comprehensive list of things to see and do in and around Lansing/East Lansing, go to www.lansing.org.
Registration Form

MPA Spring Convention 2013
Friday, April 12, 2013
Mindfulness and Emotion Regulation Skills in Dialectical Behaviour Therapy (DBT)
The Henry Center, Michigan State University, Lansing, MI.

Please print legibly name and degree as you would like them to appear on your badge:

Name       Degree
Street     City     State     Zip
Phone     Email

Registration Fees: Check appropriate box. Early Bird Rate ends March 22, 2013.

EARLY BIRD REGISTRATION

MPA Members:    $140
Non-MPA Members: $190
MPA Student Members: $  50
Non-MPA Student Members: $  95

REGULAR REGISTRATION

MPA Members:    $155
Non-MPA Members: $205
MPA Student Members: $  60
Non-MPA Student Members: $105

Total Amount Due: $

☐ Please check to receive a membership application. When applying for membership you may register for the conference at the member rate. Membership will cover 2013 dues.

☐ Check enclosed. Please make payable to "Michigan Psychological Association"
☐ Please charge my credit card: ☐ Mastercard ☐ Visa
☐ Discover ☐ American Express

Name on credit card: __________________________________________________________

Card Number: _______________________________________________________________

Expiration Date: _____/____ 3-digit code from back of card: _____(required for processing)
(For A.E. – 4-digit code on front of card)

Signature: ___________________________________________________________________

Register online at www.michiganpsychologicalassociation.org
or send in completed registration form by mail/fax/email:

Mail to: Michigan Psychological Association
124 W. Allegan, Suite 1900, Lansing MI 48933
Phone: (517) 347-1885 or 800-270-9070 Fax: (517) 484-4442
Email: office@michiganpsychologicalassociation.org
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