Dialectical Behaviour Therapy with Adolescents and Emerging Adults: Overview and Skills Training with Teens, Young Adults, and Caregivers

Workshop Overview

An important development for Dialectical Behavior Therapy (DBT) over the past decade is its adaptation for adolescents with multiple problems who are at high risk for suicidal and self-injurious behavior. DBT for adolescents was developed by Drs. Jill Rathus, Alec Miller, and Marsha Linehan to address the complex and unique challenges that arise during treatment with these adolescents and their families. In recent years, Rathus and Miller (and others) have also applied this treatment to young/emerging adults, who experience their own challenges related to launching and other aspects of their developmental stage. In this 2-day workshop offered by Dr. Rathus, participants will learn about DBT skills training with teens, young adults, and their families. Dr. Rathus will provide an overview of DBT applied to adolescents and emerging adults, with an emphasis on the adaptations made to standard DBT to address the needs of teens/young adults and their families, including a particular focus on multifamily skills training groups and the latest DBT skills for families. Strategies for bringing DBT principles to skills training, engaging teens and parents, and group management will be provided. Ample demonstrations, experiential exercises, and role plays will help illustrate workshop content.

Recommended Readings

Rathus, J.H., & Miller, A.L. (2015). DBT® skills manual for adolescents. New York, NY: Guilford Press. Participants who purchase this manual are encouraged to bring it to the workshop, as manual handouts and worksheets will be used throughout the workshop (these will also be projected on the screen).


About the Presenter

Jill Rathus (PhD Stony Brook, BA Cornell) is Professor of Psychology at Long Island University/CW Post Campus in Brookville, NY, where she directs the DBT Clinical Research Lab. She is also cofounder and codirector of Cognitive Behavioral Associates in Great Neck, NY, where she directs the adolescent and college DBT programs. Dr. Rathus’ research and clinical practice areas include DBT for adolescents, adolescent suicidality, personality assessment, CBT, anxiety disorders, and relationship distress. She codeveloped DBT for Adolescents, co-authored the primary texts on adolescent DBT – DBT with Suicidal Adolescents (2007, Guilford Press), and DBT Skills Manual for Adolescents (2015, Guilford Press). She also codeveloped an adaptation of DBT for school settings (DBT Skills in Schools: DBT STEPS A, 2016, Guilford Press), serves as a DBT trainer for Behavioral Tech, and teaches and consults with mental health professionals internationally.
**PARTICIPANTS WILL:**

- Develop a clear understanding of DBT as developed specifically for adolescent populations.
- Learn about the adaptations made to standard DBT to address the needs of adolescents and their families.
- Be able to describe developmental and treatment considerations for applying DBT with emerging adults.
- Learn how to structure DBT skills groups for teens and young adults, and how to manage multifamily groups using DBT strategies.
- Learn how to teach DBT skills to teens, young adults, and caregivers.
- Become familiar with the updates to DBT skills for teens, young adults, and parents.

**AGENDA FOR DAY 1**

- Overview of DBT
- Adaptations to standard DBT for teens, emerging adults and families - Rationale
- Research supporting DBT for adolescents
- Structuring Treatment for teens, young adults and parents
- Teaching and engaging teens, young adults and caregivers
- Orienting teens, young adults and caregivers to DBT skills

**AGENDA FOR DAY 2**

- Mindfulness skills
- Distress tolerance skills
- Walking the middle path skills
- Emotion regulation skills
- Interpersonal effectiveness skills

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**Registration Information**

Please complete online registration at:

**www.psych.ryerson.ca/workshop/rathus**

**Registration Fees (plus 13% HST)**

$230 (early bird fee received by April 1, 2019)

$270 (regular fee, professional)

$150 (full time student fee, with copy of valid student ID)*

* Please email (workshops@psych.ryerson.ca) a copy of your student ID within 1 week of registering online.

**Payment Options**

Upon registering online at **www.psych.ryerson.ca/workshop/rathus**, you will have two payment options:

**Option 1:** Payment by credit card (Visa or Mastercard) via online registration page

**Option 2:** Payment by cheque (please include 13% HST; payable to “Ryerson University”) and mailed (within 10 days of registering online) with a copy of your online registration invoice to:

**Dr. Martin M. Antony**
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