**Specialty Practicum: Introduction to Dialectical Behaviour Therapy (DBT) Skills Groups**

Location: 83 Sherbrook St, Room 206 (in Birth Roots Doula Collective)

Practicum Supervisor: Dr. Michael Ellery, C.Psych.

Time Involved: A minimum ***two term*** commitment is required to learn to co-facilitate dialectical behaviour therapy (DBT) skills groups, with the practicum supervisor, for clients who present with recurrent cognitive, emotional, or behavioural dysregulation. DBT skills groups run for 2.0 hours each week, not including preparation time. Supervision requires a commitment of another 3.0 hours per week (see Supervision, below).

The client population will include those seeking to change behaviours related to unstable mood, anger, substance use, and self-harm or suicidality. Client treatment needs and safety concerns will be balanced with student training needs and safety concerns. As a DBT consultation team member, the student will be oriented to strategies used in one-on-one sessions; however, a practicum student will not see individual DBT clients.

Goals and Requirements: The goal of the practicum is to orient the student to some of the strategies and protocols used in DBT. At minimum, this will include training in how to conduct a DBT skills group (e.g., teach mindfulness plus at least one other DBT skills module, etc.) and participate in DBT consultation team meetings (e.g., work with a DBT team to solve treatment problems, collaborate with multidisciplinary team members, contribute to the team in various DBT roles, such as note taker, observer, meeting leader, etc.). It may also include instruction on DBT strategies used to manage suicide and violence risks.

The student must be oriented to DBT by meeting with the practicum supervisor prior to beginning of the practicum and agree to the Therapist Consultation Agreements outlined on pages 117 to 119 of *Cognitive-Behavioral Treatment of Borderline Personality Disorder* (Linehan, 1993a). The student will be required to read and use the following resources, both of which are available in the Psychological Service Centre (PSC):

Linehan, M. M. (1993a). *Cognitive-behavioral treatment of borderline personality disorder*. New York: The Guilford Press.

Linehan, M. M. (1993b). *Skills training manual for treating borderline personality disorder*. New York: The Guilford Press.

Supplementary readings (e.g., on identifying and managing group therapy processes, the scientific evidence base for and against group therapy approaches for various psychological problems, etc.) may also be assigned.

Supervision: At minimum, supervision will involve 2.0 hours per week of participation on a DBT consultation team, as well as weekly 1.0 hour sessions of individual supervision with the practicum supervisor. The practicum supervisor will also be accessible for ad hoc supervision for the duration of the practicum.

Please be mindful of the following prerequisites for specialty practica:

1. Specialty practicum applications are only considered **after** the student has successfully completed three (3) practica at the PSC.

2. Specialty practicum applications are only considered **after** the student has completed the Master’s Degree.

The above are minimum requirements, only. Student participation is ultimately at the discretion of the practicum supervisor, the Director of Clinical Training, and the Director of the Psychological Service Centre.

Interested students who meet the requirements for a specialty practicum experience are encouraged to contact Dr. Michael Ellery at DrMichaelEllery@gmail.com or 204-509-7412.