

# Launching Dialectical Behavior Therapy (DBT) in Jordan

A 3-Day, historic event to foster implementation of DBT  
in clinical, educational, and community settings

In the course of everyday life, we often face situations resulting in anger, sadness, fear, and frustration. This can often be hard to handle. To make matters worse, these strong emotions can interfere with relationships, work and learning, and enjoyment and happiness in life.

DBT provides guidance and tools to:

- Stay calm and mindful in difficult situations
- Effectively manage emotions
- Enrich personal and professional relationships
- Enhance physical well-being
- Increase joy and freedom in life

We invite you to learn more about DBT by attending the introductory workshop offered March 23-24, 2020.

Those who would like to be considered to participate in the following day of Strategic Planning for Key Stakeholders, March 25, 2020, should express interest during the registration process.

## Register Now!

For more information and to register, contact:

Sadeen Al Khreisha

[Sadeen@mdb-center.com](mailto:Sadeen@mdb-center.com)

+96279579 6712

### Introduction to DBT: Skillful Living\*

March 23-24, 2020

### Strategic Planning with Key Stakeholders\*

Invite Only

March 25, 2020

\*Event descriptions on back

### Trainers

André Ivanoff, PhD

Maggie Stanton, D.Clin.Psych

Ahmed M. Abdelkarim, MD



### Linehan Institute Ambassador

Basma F. Kilani, Clinical Psychologist, M.A.





## **Introduction to DBT: Skillful Living**

March 23-24, 2020

This workshop is an introduction to Dialectical Behavior Therapy (DBT) intended for mental health professionals who wish to acquaint themselves with the treatment. The dialectical nature of DBT is explained via the balance between change-based technology (behavior therapy) with acceptance-based principles (validation). It highlights the structure of DBT and defines the modes and functions of comprehensive DBT.

This workshop is appropriate for mental health professionals interested in learning about DBT at an introductory level. Methods of instruction include lecture, treatment demonstrations, and practice exercises to illustrate the principles and strategies of DBT.

### **Learning Objectives:**

Upon completion of this training, participants will be able to:

1. Explain the dialectical world view of DBT.
2. Discuss the evidence for use of DBT for various problems and populations.
3. Describe the structure of treatment for individuals with multiple problems and high-risk life-threatening behaviors.
4. Identify DBT treatment targets.
5. Describe the basic strategies used in DBT, including problem solving, validation and dialectical strategies.
6. Identify the skills modules taught in DBT.

## **Strategic Planning for Key Decision Makers**

March 25, 2020

This meeting is designed for a smaller group of key decision makers to discuss the current climate and readiness to implement DBT in the region, what resources will be needed for future implementation activities, and to solve problems related to barriers that may impede the process. Persons invited to participate in this meeting are required to attend the prior 2-day training such that they have sufficient knowledge of DBT to enable informed decisions about the goals, structure and the specific plan for implementation of DBT in the region.

### **The purpose of this meeting is:**

- to provide a forum for key decision makers to ask questions about the information presented and the questions raised during the introductory workshop.
- to provide Linehan Institute and Affiliate DBT experts additional understanding of and guidance related to the systems and cultures in the region.
- to identify and solve potential barriers to implementation
- to develop a road-map for next steps
- to determine who will be involved in future implementation activities and clarify the roles of these organizations and individuals
- to establish methods for communicating among the various stakeholders

**Register:** [Sadeen@mdb-center.com](mailto:Sadeen@mdb-center.com) +96279579 6712