



HEALING MIND
DBT

DBT Skills Training for Clinicians

DBT is an evidence-based psychotherapy for clients with chronic suicidality, self-harm and BPD. It is a skills-based treatment designed to assist clients in managing core issues of emotional dysregulation, relationship issues and impulsive behavior.

These skills have been demonstrated to be effective for clients experiencing a wide range of difficulties and diagnoses including depression, anxiety, substance use and eating disorders.

These skills can help clients:

- ♦ Be more skillful, effective, and mindful
- ♦ Manage and regulate intense emotions without making their situation worse
- ♦ Reduce the frequency, intensity and duration of negative emotions they experience
- ♦ Build a life worth living

This training will introduce you to DBT treatment as a whole and give you a basic understanding of the form and function of the various skills used in DBT.

WHEN

Sunday Sept.13th & Sunday Sept.20 , 2026

WHERE

Online via Zoom

INVESTMENT

Discounted Price \$349 +gst per person (Reg. \$399)

About the Trainers



Rob McLeod is a counsellor and DBT specialist with extensive training through Behavioral Tech (Linehan Institute) and the BC Provincial Mental Health system. He served for years as a designated Regional DBT Specialist for CYMH, delivering consultation, training, and program development grounded in the DBT model created by Dr. Marsha Linehan.



Kelsey Murrin is a Registered Clinical Counsellor who has experience working with families, youth and adults in both the public and private sector. A large part of Kelsey's career has been supporting high risk youth and their families as they navigate complex mental health challenges via Child & Youth Mental Health. Kelsey has extensive training in DBT and frequently facilitates DBT multifamily skills groups.

<https://healingmindpsychotherapy.com/training-workshops-and-groups/dbt-skills-training-discount/?locale=en>

