



DBT for Adolescents

Lifeline WA and WAPHA are pleased to present Dr Alec Miller, co-author of DBT Skills Manual for Adolescents, and Dr Kelly Graling for two free events.

Session 1: Introducing DBT for Adolescents

Designed for Primary Care workers, the speakers will explore the rationale, benefits, and indicators of DBT, and give insight into how it works to prepare you for further training.

Date: Monday, 18 March 2019

Time: 9.30am to 4.00pm (including morning tea and lunch breaks)

Location: Bendat Community Centre Auditorium, 36 Dodd Street, Wembley (Free Parking)

Session 2: On-Site 2-Day Train the Trainer Training

Designed for Primary Care Clinicians that have some DBT training and experience, the speakers will demonstrate the skills and techniques required to train others in DBT.

Date: Tuesday, 19 March – Wednesday, 20 March 2019

Time: 9.30am to 4.00pm (including morning tea and lunch breaks)

Location: Bendat Community Centre Auditorium, 36 Dodd Street, Wembley (Free Parking)

Both sessions conducted by Dr. Alec Miller and Dr. Kelly Graling

Cost: Free

RSVP: Friday, 8 March 2019 – Limited spaces available.

For more information and to register, fill out the form on the second page and send it to ydbtevents@lifelinewa.org.au

DBT for Adolescents

Lifeline WA, seek to empower Australians to be suicide-safe through connection, compassion and hope.

The events facilitated by Dr Alec Miller and Dr Kelly Graling are part of our commitment to upskill youth mental health workers across Perth in the appropriate use of DBT strategies with their existing client base, and improve early identification and appropriate treatment of severe emotional dysregulation.

Session Registration Form:

Name: _____ Phone: _____

Email: _____

Request Registration for (Please tick both if you are interested in attending both sessions):

1 Day Introduction Session 2 Day Train the Trainer Session

A bit about you:

Position Title: _____ Current Employer: _____

Experience in DBT ____ Yrs ____ Mths Experience in Youth DBT ____ Yrs ____ Mths

Any formal training? Yes No If so, name of course: _____

As part of the provision of this free training Lifeline WA and WAPHA request you commit to 'passing it on' back into our community. (Please tick the relevant commitments below):

- Session 1 – Day 1 Introduction to DBT Attendance:** I am eager to 'pass it on' and would like to be involved in future training through participating in programs as an observer clinician at a time mutually convenient to both Lifeline WA and myself.
- I am eager to 'pass it on' and undertake advocacy for this much needed service in our community.
- Session 2 – Day 2 and 3 Train the Trainer:** How to deliver DBT to adolescent skills only groups – I am eager to 'pass it on' and would like to a co-lead future 12 week DBT for adolescent programs at a time mutually convenient to both Lifeline WA and myself.

Signature: _____

DBT for Adolescents Program in Primary Care

Lifeline WA and WAPHA are pleased to announce a pilot of 4 x 12 week DBT for Adolescent Skills Group commencing 29 April 2019, for the Primary Care environment. These groups will provide greater access by the community to highly effective DBT based treatment for young people who are experiencing severe emotional dysregulation, giving capacity for family and caregivers to effectively support the young person within their home and community.

Please indicate if you are interested in being part of our pilot program to receive further information.

I am interested



Meet the Doctors

Dr. Alec Miller

Dr. Miller, is a licensed clinical psychologist and Co-Founder and Clinical Director of Cognitive and Behavioral Consultants, LLP. Dr. Miller is an expert in the treatment of anxiety and mood disorders, stress management, borderline personality disorder, as well as suicidal and non-suicidal self-injurious behaviors. Since 1995, he has headed a clinical-research team adapting DBT for outpatient suicidal multi-problem adolescents, as well as contributing to the adaptation of DBT for other populations and settings.

More information here www.dralecmiller.com

Dr. Kelly Graling

Dr. Graling, Director of Consultation Services, is a full-time licensed clinical psychologist at Cognitive and Behavioral Consultants, LLP, where she coordinates, trains and consults to numerous schools and agencies applying CBT and DBT. Dr. Graling specialises in the treatment of mood disorders, substance abuse, trauma and anxiety disorders, interpersonal difficulties, as well as personality disorders, suicidal and non-suicidal self-injurious behaviors.

More information here www.cbc-psychology.com/staff/kelly-graling-phd

Location and Parking

Bendat Community Centre Auditorium - 36 Dodd Street, Wembley

The venue is easily accessible from the freeway, with ample free parking and in close proximity to Glendalough Train Station.

Free Parking - Available on Dodd Street and Powis Street as pictured below.

