

LONDON BRANCH

Regulating Emotions in the DBT Way

Presented by Dr Christine Dunkley

Thursday 2nd May 2019

Times: 10.00am to 4.30pm (Registration from 9.30am)

Venue: BPS Office, 30 Tabernacle Way, London, EC2A 4UE

About the Workshop

This workshop will help clinicians understand the theory of regulating emotions and the skill of opposite action. Using material from her chapter in the Oxford University Press Handbook of DBT, Dr Christine Dunkley will describe and demonstrate the key components of the skill. Delegates will learn the different techniques required to regulate emotions such as shame anger and sadness. At the end of the workshop they will have some knowledge of practical skills that they can incorporate into their therapeutic work.

About the Presenter

Dr Dunkley is a Consultant Trainer with the British Isles DBT training team. She has 20 years' experience as an NHS clinician and over 20 publications. She is the co-founder of the Society for DBT (UK and Ireland) and was awarded a fellowship of the society for her services to DBT in 2016.

Registration Information

BABCP /AREBT Member: £90

Non-Member: £130

All BABCP events are VAT free.

For any event queries please contact BABCP on the number below or workshops@babcp.com

For venue enquiries please see the website - <https://www.bps.org.uk/contact-us>

Lunch and refreshments at breaks will be provided.

A CPD certificate for 6 hours will be issued.

Closing date for registrations is midday Friday 26 April 2019

Widely Recognised Accreditation | High Quality CPD | CBT Register UK