

Live 3-day Free Training

# Dialectical Behaviour Therapy (DBT) Certification Training

*Presented by John Butters, BPsych PGDip Psych MPsych MRes Adv Dip Psychotherapy*

10–12 October 2022 from 9:00 AM - 4:30 PM AEST

**REGISTER NOW — COMPLETELY FREE!**

Once the go-to treatment for borderline personality disorder, DBT has become recognized as one of the most desirable therapies by both clinicians and patients alike...

...because **it's easy to apply and adapt the principles of DBT with clients from all walks of life.**

**And with this exclusive offer, you can get 3 days of DBT training with John Butters, BPsych PGDip Psych MPsych MRes Adv Dip Psychotherapy—completely free.**

You'll end this FREE training with the education you need to become Certified in Dialectical Behaviour Therapy. [Professional and clinical experience standards apply.](#)

Plus, save your seat today and you'll get a FREE BONUS Mentalising Based Treatment training — a \$199 value yours FREE.

**Don't let this opportunity pass you by. It may not come again, and capacity is limited.**

Whether you're new to Dialectical Behaviour Therapy or looking for new ways to expand your current DBT skills, this training will give you advanced interventions and practical clinical tools to use with adults, youth, substance users and trauma survivors in a wide variety of settings.

Designed for Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses, Psychiatrists, and other mental health professionals...

...you'll get access to 3 full days of training on the core aspects of DBT and how to use them in your practice ABSOLUTELY FREE.

And on 10–12 October, you can join your colleagues and John Butters, BPsych PGDip Psych MPsych MRes Adv Dip Psychotherapy, LIVE where you'll receive:

- **3-days of LIVE expert-led training**
- The complete set of course materials
- On-demand access to the recording for 14 days
- And the opportunity to get your questions answered live during the training

**This unique opportunity for free DBT training may not come again...**

And at no cost, you've got nothing to lose!

## What You'll Learn

More than just the basics, you'll get the ins-and-outs of the foundational approach of DBT so you can easily customize your DBT approach client-by-client. You'll learn how to:

- Adapt DBT with different populations to maximize flexibility and positive outcomes
- Overcome common stumbling blocks to implementing DBT
- Employ exercises to help clients keep relationships without sacrificing self-respect
- Successfully confront therapy interfering behaviours
- Use interventions to reduce feelings of shame, guilt and fear
- Reduce self-harm and suicidal behaviours
- Teach clients how to use diary cards to monitor emotions... and MORE!

And you'll learn it from...

### **BONUS! Register today and get a FREE 7 CPD Hour Seminar...**

#### **Mentalising Based Treatment (MBT)**

##### ***Helping your stuck clients with insight and self-regulation***

Mentalising is one of the most taken-for-granted, least distinctive phenomena that might occur in our day-to-day lives, and more relevantly, in our therapeutic conversations.

When it's happening well, we relate to ourselves and others flexibly and creatively, human behaviours appear predictable, and making meaning in our lives is possible...and when it is absent, well...you get the picture.

In this bonus on-demand training, you'll explore MBT and get a chance to understand, build and encourage interventions that aim to strengthen this capacity in your clinical work.

### **Your certification training is led by...**



**John Butters** is a Counselling Psychologist with specialist endorsement through AHPRA. He has worked as a psychologist since 1988, in both psychiatric and community health settings where he has coordinated DBT outpatient programs, provided individual psychotherapy and clinical supervision.

John has undergone training in psychodynamic psychotherapy - which has included a five-year intensive training in Self-Psychology. Between 2007 and 2012 he undertook advanced training in MBT (Mentalization Based Therapy) through the Anna Freud Centre (London) by Prof. Peter Fonagy and Dr Anthony Bateman and has a specific interest in this mode of treatment incorporated into his work.

He has taught a variety of short courses for training organisations and professional bodies including Think Education, Karitarne, AABCAP, CASPC, PDP, and PESI to name a few.

John is currently a clinical supervisor and clinician providing short- to long-term counselling and psychotherapy services in Pymont and Crows Nest, NSW providing treatment and supervision. He has specialist endorsement with AHPRA for counselling psychology. Specialties: Short and long-term psychology support using a variety of evidence-based approaches including; CBT, DBT, MBT and psychodynamic therapies. Lecturer and trainer in a number of core areas of discipline and supervisor of grad-students.

**REGISTER NOW — COMPLETELY FREE!**