

DBT for Primary Care

Increase your awareness and comfort with Dialectical Behaviour Therapy (DBT)

Learn how to use **DBT skills and strategies** in a **primary care setting** in this **two-part**, virtual course to support patients to make changes when they feel stuck and to mitigate burnout.

- **Two-part course:** Thursday, April 22 and Thursday, April 29
- **Time:** 6 p.m. – 8:30 p.m.
- **Platform:** Zoom
- **RSVP deadline:** Thursday, April 15

Seats are **limited and for physicians only**: [Register today!](#)

DBT is an **evidence-based** therapy initially developed for treating suicidal and self-injurious behaviour. It has since been shown to be **effective** across a range of difficulties including:

- Addictions
- Eating disorders
- Mood disorders
- ADHD

Participate in this case-based education series with primary care examples and small group learning and practice. You will:

- Develop tools to support patients in making changes toward goals when feeling stuck
- Develop a repertoire of skills to share with patients to increase emotional regulation
- Develop tools for more effective patient-physician relationships and patient-centred care

Accreditation pending.

Learning objectives:

- Understand foundational DBT principles, including commitment strategies, observing limits and effective interpersonal communication
- Adapt DBT principles to a primary care context
- Practice implementing and refining DBT skills and strategies in a way that is effective for primary care

Presenter: Dr. Amanda Berg

Dr. Amanda Berg is a Psychiatrist at the Calgary DBT Program, Calgary Foothills PCN extended team, Operational Stress Injury Clinic and Community Addiction and Mental Health Clinic – Central. She also provides Psychiatry coverage on Specialist LINK and loves connecting with family physicians through the platform. Amanda is actively involved in teaching psychiatry residents at the University of Calgary and hopes to work more with Family Medicine residents through the Calgary Foothills PCN soon. She is a mom to a busy five-year-old and three-year-old.

This CME opportunity is funded through a Calgary Zone grant from Alberta Health, the Addiction and Mental Health Fund, which is aimed at supporting primary care teams to improve capacity and capability to deliver addiction and mental health services to their patients.