

DBT: Beyond The Basics (Foundation Training Part 2)

March 2, 9, 16 and 23, 2026

Mondays 6:30 PM – 8:30 PM (ET)

Online via Zoom

Facilitated by: Dr. Shelley McMain, C.Psych.

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COURSE DESCRIPTION:

If you already know the basics of Dialectical Behavior Therapy (DBT), this course will take you deeper into the underlying theory and its core treatment strategies. You'll use in-depth chain analyses to better understand problems and plan your treatment approach. You'll learn how to manage in-session problem behavior, strengthen validation strategies and decrease polarization. You'll acquire skills you can apply within a full DBT program or within other psychotherapeutic approaches. You'll emerge better equipped to help clients with multiple disorders.

AT THE CONCLUSION OF THIS COURSE, YOU'LL BE ABLE TO:

- Construct an individualized case formulation
- Recognize key links in a chain analysis and integrate this information with previous behavioural analyses
- Generate a solution analysis
- Recognize in-session self-invalidation and emotion vulnerability and describe strategies that can modify these in-session behaviours
- List a range of dialectical strategies to reduce polarization

Registrants will retain access to the course material and recordings of all classes for 30 days after the course concludes. All registrants will be able to download core content (PPT or PDF) and view recordings of classes. Class recordings cannot be downloaded.

INSTRUCTOR

Dr. Shelley McMain, C. Psych., is an Associate Professor in the Department of Psychiatry at the University of Toronto, Head of the Borderline Personality Disorder Clinic and a Clinician Scientist at the Centre for Addiction and Mental Health (CAMH), and Co-Founder of the Centre for MindBody Health in Toronto. She is a clinician, educator and researcher and a Certified DBT Practitioner. Dr. McMain is recognized as a leader in DBT in Canada and internationally. She conducts research in DBT, personality disorders, emotion regulation,

suicide and self-harm, substance abuse, and psychotherapy process and outcomes. She has delivered 300+ conferences, colloquia, grand rounds, and trainings, and is widely recognized for her excellence in DBT training. Read Shelley's full bio [here](#).

DETAILS AT A GLANCE

- **Registration Options:**
 - **E-Transfer:** \$575 CAD+HST (no additional Eventbrite fees applicable)
 - **Eventbrite:** \$575 CAD+HST (Eventbrite fees applicable)
- **Delivery:** Online via Zoom. This course has a live online component which will be recorded for review.
- **Audience:** Multi-disciplinary mental health professionals interested in treating complex PTSD using evidence-based principles and procedures. Basic knowledge of DBT is recommended.

CONTINUING EDUCATION (CE) CREDITS:

- **OPA:** Approved for 8 CE credits for psychological practitioners.
- **OAMHP:** Approved for 8 CE credits for mental health professionals.
- **MDPAC:** Approved for 8 hours of MDPAC Group CE credits and 1 hour of MDPAC CCI credits (automatically calculated when MDPAC member submits Group CE hours).

CANCELLATION POLICY: We will allow refunds that are requested 7 days prior to the event start date. Attendees can request a refund through Eventbrite.

CMBH reserves the right to cancel workshops due to unforeseen circumstances.

PREREQUISITE(S)/ RECOMMENDATIONS: Registrants should have foundational concepts of mental health through disciplines such as nursing, psychiatry, psychology, social work, etc.

CERTIFICATE(S): This course is applicable to the following CMBH Certificate – Dialectical Behaviour Therapy (DBT).

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[Register Now](#)

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November 17 - December 8, 2025



Live Online



4 sessions



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