

DBT COMPREHENSIVE TRAINING

DBT: Skills Training

WITH DR. SHELLEY MCMAIN, C.PSYCH.

FRIDAY, OCTOBER 2 + SATURDAY, OCTOBER 3, 2026

9:00 AM–4:00 PM ET • LIVE ONLINE VIA ZOOM



Build the knowledge and practical tools to teach DBT's four core skills with clarity, confidence, and impact.

YOU'LL LEARN TO

- ✓ Structure effective DBT skills groups
- ✓ Teach mindfulness, distress tolerance, emotion regulation + interpersonal effectiveness
- ✓ Address problem behaviours and resistance

\$500 CAD + HST + Applicable Eventbrite Fees

12 CE credits approved + Materials + 30-day recording access included

REGISTER NOW

CMBH.CA • PROFESSIONAL TRAININGS

May be taken individually or as part of the CMBH DBT Certificate Program