

JOURNÉE DE PSYCHOTHÉRAPIE

Formation avancée en TCD pour les adolescents

Jeudi 19 juin 2025

Salle M-415 – Pavillon Roger-Gaudry

♦ 08h00 - 08h25 : Accueil et petit-déjeuner

♦ 08h30 - 09h30: Introductions & Mindfulness Practice, Mental Health Challenges for Today's Youth

Alec L Miller, PsyD

Objectifs :

- Describe the impact technology has on today's youth
- Convey the rationale of DBT mindfulness skills
- List common risk factors for suicide in adolescence

♦ 09h30 - 10h30: Treating Multi-Diagnosis Clients with DBT: Case Conceptualization

Alec L Miller, PsyD

Objectifs :

- Explain the outcome data from research trials evaluating DBT for suicidal adolescents
- List the 5 problem areas and 5 skills modules of DBT
- Explain the Biosocial Theory of Emotion Dysregulation to clients
- Teach the DBT assumptions to teenagers and families
- Utilize the treatment structure and targets for multi-problem, high risk adolescents

♦ 10h30 - 10h45: Break

♦ 10h45 - 12h00 : Pre-Treatment: Orientation & Building Commitment

Alec L Miller, PsyD

Objectifs :

- List the modalities of comprehensive DBT with suicidal adolescents in clinical settings
- Explain how to orient clients to using the DBT Diary Card
- List the different types of DBT Commitment Strategies and to use them with clients
- List three reasons as to why it is important to include caregivers in DBT

♦ 12h00 - 13h00: Lunch

♦ 13h00 - 14h00: Individual Therapy

Alec L Miller, PsyD

Objectifs :

- Conduct Chain and Solution analysis to a target behavior
- List the four different change strategies used in DBT
- Distinguish between Validation Levels 4, 5 and 6

♦ **14h00 – 14h15: Break**

♦ **14h15 – 15h30: Family Therapy Mode & Parenting Session Mode**

Alec L Miller, PsyD

Objectifs :

- Identify 2 DBT family therapy strategies used in DBT-A
- Explain 2 DBT family therapy "house rules"
- Explain which skills are most heavily taught in DBT parenting sessions

♦ **15h30 - 16h30: Coaching during skills group**

Alec L Miller, PsyD

Objectifs :

- Explain 2 key strategies to utilize when coaching a patient during skills group
- Explain how to orient a patient to phone coaching
- List three targets for DBT phone coaching

♦ **16h30 - 17h30: Conclusion and closing remarks**

♦ **17h30 - 18h30 : Lancement officiel de la version traduite en français du manuel sur l'enseignement des compétences TCD pour les adolescents**

Alec Miller sera présent pour signer des dédicaces.

Clientèle ciblée :

Formation avancée: pour les professionnels et MD déjà initiés à cette technique psychothérapique; pas de prérequis, mais certains principes de base seront rappelés

Pour tout renseignement, veuillez écrire à : amanda.omenya@umontreal.ca