



twm@twm.org.nz

FREE WORKSHOP FOR THE GOLDEN BAY COMMUNITY

“UNDERSTANDING HIGH RISK BEHAVIOURS (SELF-HARM / SUICIDAL IDEATION), AND LEARNING DBT SUPPORTIVE STRATEGIES”

WHEN:

Monday 24th March
9am – 3.30pm
(Please bring own lunch / refreshments)

Open to all members of our community

WHERE:

Takaka Recreation
Centre

PROGRAMME:

Morning: Build an understanding of the function of high-risk behaviours such as self-injury, suicidal ideation, gestures and attempts, substance use and others. Discuss stigma attached to these behaviours and how to support people's emotional responses to these behaviours.

Afternoon: Learn effective strategies for supporting those who struggle with high-risk behaviours including building awareness of our own emotions and judgments of these behaviours, regulating that internal response, effective use of validation, assessing for risk and determining effective interventions.

TRAINERS: Authors of the Podcast “All Therapists are Jerks!”

Jolie Fritz (Jo) LPC - Jo has a Master's Degree in Community Psychology, and intensive DBT training at the first Linehan Certified Clinic in the US. She was the Lead Therapist at a comprehensive adolescent DBT residential in Wisconsin. Training and supervision, comprehensive outpatient practice with The DBT Center of Greater Washington. Co-creator and co-host of the international DBT podcast “All Therapists Are Jerks.” She works with individuals, families and the community to reduce stigma, increase understanding and empower individuals and communicates to create meaningful change.

Erik Ulland, MD - Child & adolescent psychiatrist with 20 years of experience. Medical Director of inpatient psychiatry. Creator of comprehensive adolescent DBT residential. Medical Director of DBT Services in the same system. 15 years experience of care treating clients with eating disorders, severe anxiety disorders, self-destructive and suicidal behaviors, ADHD, OCD, trauma, personality and substance use disorders. He values educating others and empowering them to make changes that improve their quality of life and finds DBT the most effective modality. Co-creator of the international DBT podcast “All Therapists Are Jerks.”

