



基督教聯合那打素社康服務

UNITED CHRISTIAN NETHERSOLE COMMUNITY HEALTH SERVICE

情緒健康輔導服務
EMOTIONAL HEALTH & COUNSELLING SERVICE

AN INTRODUCTION TO DIALECTICAL BEHAVIOR THERAPY:

Principles, Strategies, and Skills

DBT is an evidence-based treatment which :

- combines **cognitive-behavioral strategies** with mindfulness practices
- helps individuals **balance acceptance and change**
- is effective to people with **borderline personality disorder (BPD), suicidality, and emotional dysregulation** etc.



Workshop Details:

Date: 8 & 9 May, 2026 (Fri & Sat)

Time: 9:30 AM - 5:30 PM

Fee: \$3,200 **Early Bird Price - \$2,880 (on or before 31 Mar)**

Venue: (Tentative) Duke Of Windsor Social Service Building

Format: Face-to-face Workshop

Medium: Cantonese and English

Target Audience: Psychologists, Counsellors, Psychiatrists, Social Workers, Nurses and other helping professionals

Accreditation: CME, HKPS, HKSWA & OT (in progress)

Certificate: will be issued with 75% or above attendance

Apply Now!

Speaker: Dr. Debbie Leung

Dr. Debbie Leung is a Licensed Psychologist in British Columbia, Canada and Director of Wise Mind Centre in Vancouver. She works with adolescents and adults using evidence-based approaches, with a primary focus on Dialectical Behaviour Therapy (DBT), Cognitive Behaviour Therapy (CBT), and mindfulness. Dr. Leung completed a two-year postdoctoral fellowship with Dr. Marsha Linehan at the University of Washington, where she received intensive training and supervision in DBT. She has extensive experience in providing DBT in hospital and outpatient settings, supervising trainees, and offering DBT training and consultation locally and internationally.



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Learning Objectives:

As a result of this training, participants will:

1. Gain knowledge about the assumptions and foundations of DBT, including dialectics, biosocial theory of disorders, and how DBT conceptualizes problematic behaviors.
2. Learn how to conduct a chain analysis to understand a problematic behavior and its function.
3. Learn core DBT skills including mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.
4. Learn DBT treatment targets and what is typically covered in a DBT session.

Contents of the Workshop:

Day 1

- Origins, structure, and development of comprehensive DBT
- What and Who is DBT For?
- Foundations:
 - Dialectics, Biosocial Model of Disorder, and Skills Deficit Model
 - DBT Conceptualization of BPD
 - Chain Analysis (Understanding Function of Problematic Behavior)
- Solution Analysis (Finding solutions to break the chain)
- Core Mindfulness: Wise Mind

Day 2

- Distress Tolerance Skills
- Emotion Regulation Skills
- Interpersonal Effectiveness Skills
- DBT Treatment Targets
- Conducting DBT Individual Therapy

