



WHAT AUDIENCE IS THIS FOR?

Ideal for psychologists, psychiatrists, and other healthcare professionals and students. May also be suitable for others with an interest in these topics. This would include lawyers practicing family law, mediators, and individuals employed in the correctional system.

ACCOMMODATION NEARBY?

Out-of-town participants should reserve early. The Carlton Plaza Hotel at 642 Johnson Street is one block away from the Ambrosia Conference Centre. Phone 1-800-663-7241.

Coffee, tea, refreshments and lunch for each day of the conference is included; vegetarian choices will be available.

To register, or for more information,
please contact:

ROSEMARY SYMCHUK
OFFICE ASSISTANT TO:
IAN A. GILLESPIE, MD
3550 SAANICH RD, SUITE 102-B
VICTORIA, BC V8X 1X2
PHONE: 250-595-4222
FAX: 1-888-353-3980
WWW.FAIRSOLUTIONS.COM/STEPPS

THIS BROCHURE MAY BE REVISED.
THIS IS THE SEPTEMBER 27, 2010 VERSION.

REGISTRATION INFORMATION

Fees: As an incentive to early registration, the first 20 registrants will receive a copy of *STEPPS CD-ROM*, with worksheets you may copy for your patients (US \$65 value). (Registration price **includes catered lunches**, but we are required to add 12% HST to the fees below.)

Please check one of three options below:

- \$349 CND Early bird rate (ext. to Oct. 4th)
- \$379 CND Registration (after October 4th)
- \$129 CND Student, with current proof of registration

Name: _____

Address: _____

City: _____

Prov./State: _____ Postal/Zip: _____

Telephone: _____

Email: _____

- Cheque enclosed. Please make this payable to *Dr. Ian Gillespie - STEPPS Workshop - 2010*
- Please bill my Visa or Mastercard (circle) credit card via PayPal (requires email address):

The way that PayPal (a secure online payment service) works with your credit card is that we send an invoice to your email address and then you pay it by a link in a message from them. We don't require your card number, expiration date or signature.

Registration may be made by phone, mail, or by fax. In order for your telephone or fax registration to be processed, you must include complete credit card information.

Receipts will be issued with your conference package at the registration table.

Please provide your email address, or a current daytime phone number, to receive immediate confirmation of your registration.

Sorry, absolutely no refunds.

THE STEPPS™* TREATMENT PROGRAM FOR BORDERLINE PERSONALITY DISORDER

*(SYSTEMS TRAINING FOR EMOTIONAL PREDICTABILITY AND PROBLEM-SOLVING)

Nancee Blum, MSW, LISW
*Department of Psychiatry,
Carver College of Medicine,
University of Iowa*

TWO-DAY WORKSHOP
Fri. & Sat., October 8 - 9, 2010
9:00 AM – 4:00 PM

LEARNING OBJECTIVES

As a result of this session, participants will be able to:

1. Recognize diagnostic criteria for Borderline Personality Disorder
2. Define and understand a systems approach to treatment of BPD
3. Understand BPD as a disorder of emotional intensity regulation
4. Provide person with BPD and care providers with a common language
5. Describe and illustrate components of the treatment program



ABOUT THE CONFERENCE SPEAKER:

Nancee Blum

Nancee Blum, MSW, LISW is a clinical faculty member in the Department of Psychiatry, The University of Iowa Carver College of Medicine, and an Adjunct Instructor in the College of Nursing and School of Social Work.

She is a member of the Scientific Advisory Board of the Treatment and Research Advancements Association for Personality Disorder.

Ms. Blum has authored or co-authored more than 80 articles and book chapters and presents workshops on psychiatric topics nationally and internationally.

She has given well-reviewed one day workshops at The American Psychiatric Association annual meetings and her treatment programs have been extensively used in the Netherlands, in several NHS Partnerships in the UK, and in the US Correctional Services.

It is the sincere hope that bringing this training to Victoria will enhance the range of treatment resources available within British Columbia for a very treatable condition.

What Format is used for the Workshop? Slides, anonymized case histories, with an emphasis on practical approaches to treatment & discussion.



STEPPS Training

This workshop describes the STEPSTM program for the treatment of borderline personality disorder. The program combines cognitive-behavioral techniques and skills training combined with a systems component. The latter involves individuals with BPD and those in their system, including family members, significant others, and health care professionals, case managers, and others with whom the person regularly interacts. The program involves 20 two-hour weekly group meetings with two facilitators, is manual-based, and has detailed lesson plans for each week. Data from RCTs in the US and The Netherlands demonstrate that patients experience improvement in BPD and mood-related symptoms. Survey results showed high levels of satisfaction for the treatment from patients and therapists.

Day 1 (Friday)

9:00 – 10:30 AM

- Defining Borderline Personality Disorder for participants - a disorder of emotional intensity?
- Understanding a Systems Approach

10:30 – 10:45 Break

10:45 – Noon

- Components of the Treatment Program
- Assessing suitability of participants
- Getting started
- Measuring progress
- Understanding Emotional Intensity Episodes - The Continuum
- Integration of Schema-Focused therapy

Noon – 1 PM Lunch

1:00 – 2:30 PM

- Emotion Management Skills
- Distancing
- Communicating
- Challenging

- Distracting
- Problem Management

2:30 – 2:45 Break

2:45 – 4:00

- Behavior Management Areas
- Goal Setting
- Eating
- Sleeping
- Exercising
- Leisure
- Physical Health
- Abuse Avoidance
- Interpersonal Relationships
- Educating the Reinforcement Team (families, care providers, etc)
- Other Applications of Model

Day 2 (Saturday)

9:00 – 10:30 AM

- Discussion of treatment manual, highlighting the most important elements

10:30 – 10:45 Break

10:45 – Noon

- Discussion of treatment manual (continued)

Noon – 1:00 PM Lunch

1:00 – 2:30

- Practice using the Emotional Intensity Continuum, BEST form, and various lessons that typically raise questions, either from participants or facilitators

2:30 – 2:45 Break

2:45 – 4:00

- Overview of the STAIRWAYS program
- Closing remarks
- Evaluation of this workshop