

Professional Development Opportunity for Mental Health Professionals

The Australian DBT Institute is committed to the development of mental health professionals by providing quality training for emerging therapists, and mental health practitioners. We deliver CPD programs to over 1,000 mental health professionals annually in Australia, Singapore, South Africa and Thailand.

In 2020 we will be offering 2 fellowship opportunities and up to 6 associate opportunities for mental health professionals from our clinic at 144 Martin Street Brighton VIC 3186. Fellows and Associates participate in the Australian DBT Institute's group and/or individual trauma informed DBT programs (DBT-TI).

Our skills program is run by mental health professionals who have been intensively trained and mentored by the Australian DBT Institute. Groups are run on Wednesdays beginning at 11am and concluding at 1pm in Essentia Health group room. Each DBT-TI skills group will have between 4 and 10 individuals attending.

Term 1: Starts 22nd April

- Mindfulness Skills.
- Managing Crisis Situations

Term 2: Starts July 15th

- Mindfulness Skills
- Managing Emotions

Term 3: Starts October 7th

- Mindfulness Skills
- Managing Relationships

Australian DBT Institute Fellowship

The Australian DBT Institute Fellowship provides qualified mental health practitioners, seeking to extend their clinical practice, the opportunity to work with clients and be supervised in both individual and group environments through the delivery of DBT programs. This structured fellowship program enables mental health practitioners to extend their clinical skills whilst participating in a clinical setting that operates from empirically based treatment orientations. Fellows receive training in DBT, Mindfulness and Stabilisation Based strategies and then are supported in utilising empirically based treatment orientations approaches in their clinical work.

The Australian DBT Institute Fellowship requires a **9-month commitment**. Our next intake is on **Tuesday 31st March from our Brighton rooms**.

The Australian DBT Institute Fellowship consists of:

- Time commitment for **co-delivery of DBT Skills Modules**: 3 hours a week on a Wednesday with our 2020 program day (10am-1pm) or evening programs (4pm-7pm) commencing April 22nd, 2020.
- Attendance at **Orientation Training Program** on the 1st & 8th April (5pm until 7.30pm) and Saturday 11th April 9am until 12 midday
- **Mid-program Training**: 1 day of presentations and further training Saturday 8th August 2020
- **End of Program Evaluation and Advanced Training** Day 12th December 2020
- **Fortnightly Consult Group** – 90 minutes
- **Monthly Clinical Reviews** – 60 minutes
- Minimum allocation of **1 client for weekly individual therapy**
- 1 hour monthly individual supervision
- Free access to training programs and resources of the Australian DBT Institute

To apply for the Fellowship program, please send the following:

1. Cover letter that provides a narrative of your internship goals and interest in DBT
2. Curriculum Vitae (mailed or emailed)

**Expressions of Interest for Fellowship Program must be received by 5pm on the 26th March 2020.
Send to Dr. Peter King – Director, Australian DBT Institute (Email: peter@cmhe.org).**

Australian DBT Institute Associate

The Australian DBT Institute's structured associates program enables mental health practitioners to extend their clinical skills whilst participating in a clinical setting that operates from empirically based treatment orientations. Interns receive training in DBT, Mindfulness and Stabilisation Based strategies and then are supported in utilising empirically based treatment orientations approaches in their clinical work.

Associates participate in the Australian DBT Institute's DBT research program. Associates can gain experience working with DBT in individual therapy, skills or both which is dependent on the needs of the program and the time availability of the associate.

The Australian DBT Institute associates can:

- Assist in the **co-delivery of DBT Skills Modules**: 3 hours a week on a Wednesday with our 2020 program day (10am-1pm) or evening programs (4pm-7pm) commencing April 22nd, 2020.
- Attend the **Orientation Training Program** on the 1st & 8th April (5pm until 7.30pm) and Saturday 11th April 9am until 12 midday
- Attend the **Mid-program Training**: 1 day of presentations and further training Saturday 8th August 2020
- Attend the **End of Program Evaluation and Advanced Training Day** 12th December 2020
- Attend the **Fortnightly Consult Group** – 90 minutes
- Minimum allocation of **1 client for weekly individual therapy**
- Access training programs and resources of the Australian DBT Institute

Before commencing in our program, associates meet with Dr. Peter King (Director, Australian DBT Institute) and identify availability, development goals and capacity to participate in the Australian DBT Institute's DBT program as co-facilitators.

**Expressions of Interest for Associates must be received by 5pm on the 26th March 2020.
Send to Dr. Peter King – Director, Australian DBT Institute (Email: peter@cmhe.org).**