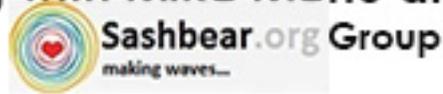


To make sure you receive future emails,
please add training@hincksdellcrest.org to your address book or safe list.

Teachers, Administrators, School Board Personnel
You are Invited to:

An Evening with Mike Menu and Lynn Courey



Borderline...What? Borderline Personality Disorder and How it Impacts Your Child/Adolescent

The
Hincks-
Dellcrest
Centre

A children's mental health treatment,
research, and teaching centre



Sashbear.org
making waves...

Learn how *Dialectical Behaviour Therapy*
is critical to people living with emotional
regulation disorders



On June 17th 2011, Sasha Menu Courey
lost her battle to Borderline Personality
Disorder and died by suicide at the age of
20. Although she was a scholarship

REGISTER ONLINE

A donation in kind to: Sashbear.org would be appreciated in lieu of a fee for this event.

Date & Time:

February 26, 2014

6:00 PM - 7:30 PM

Location:

The Hincks-Dellcrest Centre

Gail Appel Institute

114 Maitland Street

2nd Floor, Room ABC

Toronto, Ont.

M4Y 1E1

**For more information
please contact:**

Bethann Levinson

blevinson@hincksdellcrest.org

(416) 924-1164 x3341



athlete and a gifted student with a promising future, the pain associated with the disorder was too great and the system failed to support her needs.

DBT is a comprehensive cognitive-behavioural treatment for complex, difficult to treat mental health disorders. Concepts of DBT include developing Life Coping Skills/tools to control our emotions and to get past difficult situations without making things worse. These techniques have been proven effective for people living with high emotional reactivity and vulnerability. DBT also makes extensive use of Validation techniques based on mindfulness and acceptance. With validation we use empathy and compassion in a non-judgemental way to recognize and acknowledge other people's feelings even if we don't agree with their behaviour. Once a person that is dysregulated has been validated sufficiently their level of emotional arousal will come down enough for them to consider problem solving.

**Imagine teachers, students and parents practicing
DBT skills and validation in
their interaction with each other.**

