

FASTER DBT Study



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In collaboration with the Centre for Addiction and Mental Health in Toronto, Dr. Alexander L. Chapman, R.Psych. (at Simon Fraser University) and colleagues have begun a research study examining the effects of Dialectical Behaviour Therapy (DBT) for people suffering from borderline personality disorder (BPD). DBT has been recognized internationally as the treatment for BPD with the most scientific support. For this research study, we aim to compare the effects of 6 months of DBT to 12 months of DBT.

Dialectical Behaviour Therapy

DBT involves 4 main components:

- Weekly **individual therapy** (for approximately 50 minutes)
- A weekly **DBT skills training group** (2 hours) in which clients learn mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation skills.
- Availability of the therapist for as-needed between session **telephone calls**
- A **team of therapists** working together to provide the best possible care

For the FASTER DBT study, all therapists have advanced training in DBT, all treatment is **free**, and participants will be receive payment for completing diagnostic and outcome assessments. This study may be an excellent fit for people who meet criteria for BPD. The first step is a brief telephone screening to determine possible eligibility. Those who might be eligible for the study will then meet with research staff at SFU (Burnaby campus) for an assessment to determine eligibility. Treatment will occur in downtown Vancouver (1040-1200 Burrard St.).

If you know of anyone who might be a good fit for this study, we would welcome referrals. If you (or any prospective participants) have questions about the study, please contact my research coordinator (Lisa Hoshino) at **778-782-5590**, or perl@sfu.ca. Participants can also self-refer, so you're welcome to let people know about the study and suggest that they contact us for a telephone screening appointment.