

Full Day Workshop

Distress Tolerance Skills for Young People



Presenter: Dr Madeline Wishart

Melbourne F2F: Friday 26th August 2022, Angliss Conference Centre

Sydney F2F: Friday 9th September 2022, Aerial UTS Function Centre



Pain is part of the human experience and we all experience crises at different times in our lives. Some young people have difficulty tolerating any distress and regulating their emotions, engaging in unhelpful behaviours in an attempt to downregulate (i.e., to reduce, alleviate or ameliorate unwanted emotions) or upregulate their emotions (i.e., to generate feelings or feel something). Unlike traditional therapies, Dialectical Behaviour Therapy (DBT) takes a skills-based approach to learning to sit with and accept these uncomfortable emotions when pain is unavoidable. Distress tolerance skills are aimed at helping young people cope with crises and experience distress without avoiding it or making it worse.

An Essential PD Workshop for school psychologists, counsellors, & wellbeing staff

This full day workshop will draw upon Dialectical Behaviour Therapy (DBT) to teach a range of coping, distress tolerance and emotion regulation skills. This skill set will focus on strategies that can be assimilated directly back into your school environment. These skills will help your students learn to better tolerate intense, overwhelming or uncomfortable

Dr Madeline Wishart

propsych.com.au

Dr Madeline Wishart is an outstanding speaker. With an academic background, vast experience in working with young people including years as a school counsellor, and special interests in nonsuicidal self injury, and emotion regulation and distress tolerance in young people, Madeline provides extensive knowledge and a highly practical workshop - much of which you will be able to directly and immediately incorporate into your own schools. Madeline has a PhD, along with a Masters in both Professional and Clinical Psychology. She has a combined history of both research and practical experience across a variety of settings over two decades



REGISTRATION FEES

Face to Face Workshops

Early Bird: \$352 inc GST (15 days prior)

Standard: \$407 inc GST (within 15 days of w/shop)

* Please note that the workshop will change to online if Covid restrictions prevent a F2F event.

Target Audience:

School Counsellors, Psychologists, School Leaders and other wellbeing personnel working with students who struggle to regulate their own emotional distress.

Full Details & Online Registration

<https://propsych.com.au/workshops/distress-tolerance-skills-young-people/>