

## Wednesday, October 15 (Pre-Conference)



**Tanya Purchase**



### **Using Dialectical Behavioural Therapy: Mindfulness and Distress Tolerance Skills**

Tanya Purchase is a registered psychiatric nurse who has spent the last 15 years working with children and adolescents in the mental health program at the Janeway. She graduated from the General Hospital School of Nursing, St. John's Newfoundland in 1996. She obtained a diploma in Advanced Studies in Mental Health from Mount Royal College, Calgary Alberta in 2003. In 2006, she was successful in becoming a certified Psychiatric Mental Health Nurse through the Canadian Nurses Association. Tanya has completed extensive training through Behavioral Tech, Seattle Washington, in the area of dialectical behavioral therapy. She serves on their board of directors for continuing education. Along with a colleague, she co-lead the first DBT group for adolescents in Newfoundland. This group has now been running for 5 years. Her current position is in the outpatient child and adolescent psychiatry clinic, where she is responsible for individual and group counselling/therapy and mental health research.

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Participants engage in 5 consecutive roundtable info sessions

- ⇒ Each session is 15 minutes
- ⇒ There are 11 possible sessions to choose from
- ⇒ All tables are clearly numbered and titled
- ⇒ A sound will notify you it's time to move to a different table
- ⇒ A Conversation Café is kind of like "Speed Dating For Knowledge" (a quick way to network, learn a few tips, gain some info and direction)

## Conversation Café Topics:

**Understanding High Conflict Personalities** – Judy Beranger (NLTA)

**The Value of Professional Belongingness: How CCPA Minds What Matters to You...**  
– Blythe Sheppard (President CCPA)

**Career Development: From the Early Years til Graduation – Engaging All Key Players**  
– Dr. Mildred Cahill (MUN)

**Planning a Mental Health Wellness Day at a High School** – Judy Furlong Mallard & Boyd Perry  
(Holy Heart High)

**Practical Interventions for Counsellors/Psychologists in Times of Loss**  
Derek Elliott and Michele Davis (NL English School District)

**Storing and Sharing Confidential Information in a Digital World: Key Tips....**  
Heather Hillier (NL English School District)

**Mental Health Supports in Newfoundland and Labrador** – Paula Corcoran (CHANNAL)

**Q and A with Nena Sandoval**, Clinical Sexologist

**Positive Psychology** – Dr. Jodi Spiegel (Eastern Health)

**Trauma and PTSD** – Dr. Jennifer Neil (Private Practice)

**Using Twitter to Build Your Own PD** – Trent Langdon (St. Peter's Junior High)