Using the IGxDialog object

Private Sub BtnAdd_Click(ByVal sender As System.Object, ByVal e As System.EventArgs) Handles BtnAdd.Click

' Declare ArcObjects outside of Try/Catch so we can dispose of them in Finally
Dim bObjectSelected As Boolean
Dim pGxDialog As IGxDialog = New GxDialog
' Only show shapefiles
Dim pFilter As IGxObjectFilter = New GxFilterShapefiles
' Collection of layers to be assigned here
Dim pGxObjects As IEnumGxObject = Nothing
Dim pGxDataset As IGxDataset
Dim pFLayer As IFeatureLayer

Try
' Initialize and open mini browser
With pGxDialog
  .AllowMultiSelect = False
  .ButtonCaption = "Select"
  .Title = "Select layer"
  ' using shapefile filter
  .ObjectFilter = pFilter
  ' open dialog passing handle to Application from AddIn
  bObjectSelected = .DoModalOpen(My.ArcMap.Application.hWnd, pGxObjects)
End With

' No file selected; exit
If bObjectSelected = Nothing Then Exit Sub

' Get first dataset
pGxDataset = pGxObjects.Next

' No dataset has been selected
If pGxDataset Is Nothing Then Exit Sub

' Iterate through remaining datasets
Do Until pGxDataset Is Nothing
  pFLayer = New FeatureLayer
  ' Assign dataset to featureLayer
  pFLayer.FeatureClass = pGxDataset.Dataset
  ' Assign dataset name to featureLayer
  pFLayer.Name = pGxDataset.Dataset.Name
  ' Do something with the featureLayer
  ' Your code here
  ' Go to next dataset
  pGxDataset = pGxObjects.Next
Loop
Catch ex As Exception
    MessageBox.Show("BtnAdd_Click Exception: " & ex.Message)
Finally
    ' Release ArcObjects objects
    pGxObjects = Nothing
    pFilter = Nothing
    pGxDialog = Nothing
    pGxDataset = Nothing
    pFilter = Nothing
    pFLayer = Nothing
    ' Call garbage collection
    GC.Collect()
    GC.WaitForPendingFinalizers()
End Try

End Sub
Accessing the map document
This is an enhanced version of the sample code from the ArcGIS Resource Center.
s_and_layers_via_the_MapDocument/0001000001n3000000/

'Dim ArcObjects objects outside of Try/Catch
Dim pMxDocument As IMxDocument
Dim pMaps As IMaps
Dim pMap As IMap

Try
  ' Access to current Document from addIn
  ' Maps collection from current Document
  pMaps = pMxDocument.Maps
  ' Initialize the counter
  Dim i As Integer
  ' Loop through each map in the document
  For i = 0 To pMaps.Count - 1 Step i + 1
    pMap = pMaps.Item(i)
    ' Write map name to log
    Debug.WriteLine(pMap.Name)
    ' Layers collection from current map
    Dim pEnumLayer As IEnumLayer = pMap.Layers(Nothing, True)
    ' Move to beginning of layers collection
    pEnumLayer.Reset()
    ' Retrieve first layer
    Dim pLayer As ILayer = pEnumLayer.Next()
    ' Move to next layer
    While Not pLayer Is Nothing
      MsgBox(pLayer.Name)
      pLayer = pEnumLayer.Next()
    End While
  Next
Catch ex As Exception
  MsgBox("onClick() Exception: " + ex.Message)
Finally
  ' Release ArcObjects resources
  pMap = Nothing
  pMaps = Nothing
  pMxDocument = Nothing
  ' Call garbage collection
  GC.Collect()
  GC.WaitForPendingFinalizers()
End Try'