



Presents

Dialectical Behavior Therapy: Part II

Essie Larson, Ph.D.

**Wednesday, May 17, 2017
10 AM – 3:30 PM**

Course Description

Dialectical Behavior Therapy (DBT) was originally an empirically validated, manualized treatment for individuals with Borderline Personality Disorder and other chronic mood and behavioral issues. Over time the effectiveness of the treatment has led it to be adapted to a variety of other conditions in the mental health and substance abuse fields. One of the core functions of DBT is teaching clients skills to reach a “Life Worth Living.” The current presentation will review all the skill modules contained in the *DBT® skills training handouts and worksheets: Second Edition* (Linehan, 2014), provide guidance on teaching the skills effectively, and educate attendees on how to manage therapy interfering behaviors (TIBs) in skills training and individual sessions. In addition, attendees will be introduced to the concept of chain/behavioral analyses, a key method for changing behavior in DBT.

The instructor is Essie Larson, Ph.D. Dr. Larson is an experienced clinician, consultant, and trainer, with a primary focus in DBT. She is a Licensed Clinical Psychologist at Trinitas Regional Medical Center (Elizabeth, NJ) working in the Adult Outpatient Unit since 2004, and coordinating the Dialectical Behavior Therapy Program since 2008. Dr. Larson obtained her Ph.D., in Clinical Psychology, specializing in Neuropsychology at Fordham University. She is an engaging and dynamic speaker.

Who Should Attend

This course is targeted to social workers and counseling professionals that have completed the prerequisite Introduction to DBT course. Attendees will have an understanding of the how DBT can be utilized to effectively treat clients with BPD and other chronic mood and behavioral issues. DBT Part II will focus on review of each of the modules from the skills manual, how to teach them and is considered an intermediate practice level course. Attendees will learn skills to manage therapy interfering behaviors in group and individual sessions, as well as how to apply core concepts to introduce the skills necessary to change behaviors, utilizing DBT methods.

Objectives of Presentation

- Identify and explain the content of the second edition DBT skills manual
- Describe how to teach the methods in the manual to individual clients or in groups
- Identify and explain how to effectively manage TIBs using DBT methods
- Describe when and how to apply chain/behavioral analyses to client behaviors

DBT Presentation Agenda

10:00 - 10:15 AM	Introduction and Mindfulness Exercise
10:15 - 10:45 AM	Orientation on Using the DBT Skills Manual
10:45 - 11:15 AM	Overview and Goals of the “General Skills” Module
11:15 - 12:00 PM	Introduction to Chain Analyses
12:00 - 12:30 PM	Lunch Break
12:30 - 1:00 PM	Goals and Key Skills of the “Mindfulness” Module
1:00 - 1:30 PM	Goals and Key Skills of the “Interpersonal Effectiveness” Module
1:30 - 2:00 PM	Goals and Key Skills of the “Emotion Regulation” Module
2:00 - 2:30 PM	Goals and Key Skills of the “Distress Tolerance” Module
2:30 - 3:15 PM	Managing Therapy Interfering Behaviors
3:15 - 3:30 PM	Q & A

Please contact (609) 477-7034 if you need special accommodations, or if you have questions or concerns.

Location: 330 Corporate Blvd., Robbinsville, NJ 08691

Day: Wednesday

Date: May 17, 2017

Course fee: \$100.00

Course Times: 9:30 am beverages and registration. 10:00 am - 3:30 pm workshop

Attendees will receive certificate of credit after completion of course and participant satisfaction evaluation.

Attendees that register for the DBT Part II will receive a copy of the 2nd edition skills manual, so they can follow along with particular worksheets.

Space is limited. Call 609-477-7034 or visit our website www.ncaddnjinfo.org/Training for more information.

The registration form is available online. Please fax the completed registration to (609) 689-0595, or email to

hhill@ncaddnj.org

Payment may be made via PayPal online or by mailing a check payable to:

NCADD-NJ

360 Corporate Blvd.

Robbinsville, NJ 08691

If you have questions or concerns about the course content, references or content evaluation, contact

dr.essielarson@gmail.com

If you have questions or concerns about registration, facilities or course administration, contact hhill@ncaddnj.org

“This course is approved by the Association of Social Work Boards – ASWB NJ CE Course Approval Program Provider #83 Course #1322 from 4/20/2017 to 4/20/2019. Social Workers will receive the following type and number of credit(s): Clinical Social Work Practice 5”

“This training is approved by the Addiction Professionals Certification Board, Inc. and is accepted for either initial Licensed Alcohol and Drug Counselor or Certified Alcohol and Drug Counselor by the New Jersey Department of Law and Public Safety, Division of Consumer Services, Marriage and Family Counseling Board. Besides also being accepted for all APCB, Inc. renewal certificates, it is also accepted for renewal for all Marriage and Family Board licenses, including the Licensed Professional Counselor, Licensed Marriage and Family Therapist, and other licenses”

APCBNJ Approval No.: 6051717REC5 5 CE Hours

New Jersey Department of Education Professional Development Provider No. 1223

Complaints / Grievances Policy: Individuals with complaints and or grievances regarding course content or facilities may submit their complaint in writing within 10 business days of the event and address it to the attention of our Director of Care Coordination Services, Stacey Wolff, at 360Corporate Blvd, Robbinsville NJ 08691. If not satisfied with the results of the complaint process, you have the option to register your complaint with the approval entity, with an option to appeal to your jurisdictional board.

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