

Dialectical Behavior Therapy:

Integrating DBT Tools into Your Clinical Practice

June 3 & June 4, 2021

LOCATION Join us via Live Webinar

DATE **Thursday, June 3, 2021**

REGISTRATION PROGRAM 8:30 am–9:00 am
9:00 am–4:30 pm

DATE **Friday, June 4, 2021**

REGISTRATION PROGRAM 8:30 am–9:00 am
9:00 am–4:30 pm

EARLY REGISTRATION FEES THROUGH MAY 27, 2021

PROGRAM FEE **\$249.00**

FIVE OR MORE FROM SAME AGENCY **\$229.00**
(must register at the same time)

STUDENTS **\$129.00**
(must show student ID at check-in)

MAHEC EMPLOYEES **Free** (must register to attend)

[CLICK HERE TO REGISTER](#)

DESCRIPTION

DBT is an empirically validated treatment for working with complex clients. It has been successfully used to care for individuals with suicidal behavior, non-suicidal self-injury, substance use, Post Traumatic Stress Disorder, and personality disorders. With a focus on teaching mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, DBT allows clinicians and clients to navigate the complexities of their situation and build “a life worth living.”

This presentation explores DBT's theoretical basis, specific DBT interventions, and how to implement DBT principles and techniques in group and individual practice settings. The information in this workshop allows clinicians to conceptualize their current caseload using a DBT framework. As an introduction to the principles of DBT, this course shows the clinician how to implement key features of DBT such as validation, dialectical strategies, communication styles, and the ways of changing behaviors in order to effectively balance acceptance and change with clients.

AUDIENCE

Mental health professionals including psychologists, counselors, clinical social workers, marriage and family therapists, substance abuse professionals, school counselors, mental health educators, and others interested in this topic.

OBJECTIVES

Upon completion of this workshop, participants will be able to:

- Explain how DBT theory and techniques may be integrated into clinical practice
- Demonstrate DBT skills to enhance mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness
- Incorporate DBT skills into group and individual treatment plans
- Utilize DBT skills for treating mental health symptoms, chemical dependency, and complex co-morbid conditions
- Designate additional tools and resources for implementing DBT in a clinical setting
- Articulate at least three different strategies for teaching DBT skills to clients
- Distinguish the DBT model from cognitive-behavioral, client-centered, and other treatment modalities
- Practice and demonstrate a multi-layered approach to validation of clients' thoughts and feelings
- Explain how to employ DBT diary cards and chain (change) analysis in clinical practice
- Propose plans for collaborating with consultative groups and treatment teams to optimize client care using DBT
- Demonstrate ability to assess and manage clients exhibiting self-injurious and suicidal behaviors with clear protocols and safety plans

FACULTY

Eric J. Guendner, MA, LPA, LCAS, DBT-Linehan Board of Certification, Certified Clinician™, is a licensed psychological associate in Wilmington, North Carolina. As a clinician, Eric works in a Dialectical Behavioral Therapy focused partial hospitalization program and a DBT informed substance abuse intensive outpatient program (SAIOP). Eric developed an educational DBT curriculum to assist interns he supervises, and he enjoys using DBT as primary framework in treatment. DBT has been shown to be effective in caring for individuals suffering from a variety of psychiatric diagnoses, including PTSD and Borderline Personality Disorder. Eric is a member of a DBT consultation team, and he presents courses on DBT for both undergraduate and graduate students at the University of North Carolina Wilmington. Eric has trained with Dr. Lori Ritschel and Dr. Clive Robbins. He has also enjoyed studying DBT Prolonged Exposure, an evidence based therapy to treat PTSD in suicidal, self-harming, and emotionally dysregulated individuals, designed by Melanie Harned, PhD ABPP. Eric is currently an Adjunct in the Psychology Department at University of North Carolina Wilmington. He has been involved in research involving psychoneuroimmunology and working memory at UNC Wilmington, and is currently conducting research on DBT and Post Traumatic Stress Disorder in partial hospitalization settings as well as intensive outpatient centers. Eric's research has been presented at Association of Behavior and Cognitive Therapy, ISITDBT, Neuroscience, and the East Carolina University Neuroscience Conference.



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AGENDA

Day 1

8:30–9:00	Online Check-In
9:00–10:30	DBT Background
10:30–10:45	Break
10:45–12:15	Components of DBT
12:15–1:15	Break
1:15–2:45	Emotion Dysregulation Validation
2:45–3:00	Break
3:00–4:30	DBT Skills
4:30	Adjournment

Day 2

8:30–9:00	Online Check-In
9:00–10:00	Review of DBT Theory and Skills
10:00–10:30	DBT Skills
10:30–10:45	Break
10:45–12:15	Analysis of Behavior
12:15–1:15	Break
1:15–2:15	DBT and Substance Use Treatment
2:15–2:45	Coaching Phone
2:45–3:00	Break
3:00–4:30	Consultation Team
4:30	Adjournment

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS, CFT
barbara.warren@mahec.net or 828-257-4728

REGISTRATION INFORMATION

FAX REGISTRATION

ONLINE REGISTRATION

EMAIL

MAIL MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803



Special Services

828-257-4778

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

CREDITS



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programming. Approved for **12.0 hours**.



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **12.0 hours**.

NC Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **12.0 hours Category A**.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **1.2 CEUs** as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **12.0 contact hours**.

REGISTRATION

Early registration deadline: May 27, 2021

The program registration fees include administrative costs and educational materials. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

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☐ Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

☐ Please remove my name from the MAHEC mailing list.

PROGRAM FEE ☐ \$249.00 ☐ \$264.00 (after 5/27/21)

FIVE OR MORE FROM SAME AGENCY ☐ \$229.00 ☐ \$244.00 (after 5/27/21)

STUDENTS ☐ \$129.00 ☐ \$144.00 (after 5/27/21)

MAHEC EMPLOYEES ☐ Free (must register to attend)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

☐ Check is enclosed ☐ Credit card information provided

☐ Visa ☐ MasterCard ☐ Discover Card ☐ American Express

ACCOUNT # _____

EXP ____ / ____ CODE ON BACK OF CARD _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to:

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

Event #63984

Fax: 828-257-4768