

DBT SKILLS TRAINING

Audience: Secondary counseling staff, health education faculty, nurses, and other middle and high school supportive personnel

Dialectical Behavior Therapy (DBT) has proven to be effective with people who are in persistent emotional distress, have chronically unstable relationships, and present with recurrent self-injury and/or suicidal behavior. Increasingly DBT is being integrated into school settings. Formal DBT skills groups are a particularly effective intervention for high needs students. Additionally, the skills have broad relevance to the general student population. Any student can encounter the emotional upheaval of anxiety, stress or loss. Schools are beginning to integrate DBT skills into general health curriculum to support all students' social and emotional learning. DBT emphasizes skill-building.

The DBT Skills are the heart of the DBT model. All aspects of DBT are based on assisting students to learn and use a set of skills that have been proven to enhance coping and reduce distress.

This 4-part series provides a thorough training in all aspects of the DBT skills including mastery of the skills, running skills groups and teaching the skills to a variety of student populations. The presentation will include lecture, extensive use of the video examples and in-vivo practice.

SYLLABUS

Presenter: Jennifer Eaton, M.S., LMHC,
Director of DBT Training and Consultation for
The Bridge of Central Massachusetts, Inc.

Jennifer Eaton provides training and consultation to schools and agencies across the country. She has extensive experience providing DBT treatment and has supervised clinicians and interns. Ms. Eaton holds a masters degree in clinical psychology. She was intensively trained in DBT by Dr. Charles Swenson and completed an Advanced Training under Dr. Marsha Linehan, the developer of DBT. She has consulted to and trained many organizations and school districts, and has presented at both local and national conferences.

WORKSHOP INFORMATION

DATE

December 6, 2017
January 23, 2018
February 1, 2018
March 6, 2018

LOCATION

ACCEPT Education Collaborative
4 Tech Circle
Natick, MA 01760

TIME

9:00am - 4:00pm
light breakfast and lunch served

COST

\$600 ACCEPT
\$680 Non-Member

EARN

26 PDP's

CONTACT

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DBT Skills Training

To Register: Online, Fax (508.653.0878), Mail (4 Tech Circle, Natick MA 01760) or Email this form with check or P.O. payable to ACCEPT

Name _____ Title _____ Grade/Level _____

District _____ School _____ Phone () _____

E-mail (required) _____

Cost per person: ___ ACCEPT Members \$600 ___ Non-Members \$680

Withdrawal Policy: Withdrawals via mail, fax or email will be accepted without penalty ten (10) business days prior to the workshop. After that time, there will be no refunds or billing adjustments, you may send a substitute if approved by your supervisor.

Amount enclosed \$ _____ Purchase Order # (P.O.) _____ or Personal Check # _____
(Please Mail Check to ACCEPT)