

Cultural Competency

CGF Designation

## Dialectical Behavior Therapy (DBT) For Justice Involved Consumers

**DATE & TIME:** May 22<sup>nd</sup> & 23<sup>rd</sup>, 2018

**9:00AM - 4:00PM**

***All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.***

**PLACE:** Altadena Community Center  
730 E. Altadena Drive.  
Altadena, CA 91101

**PARKING:** Limited free parking in facility parking lot, and street parking in the local area.

This training addresses the theory, research, and application of cognitive behavioral and “dialectic” interventions for consumers in a correctional setting. Participants will learn to apply these interventions to consumers diagnosed with Borderline Personality Disorders, Depression and Bipolar Disorders.

**TARGET AUDIENCE: Men’s and Women’s Re-Integration and M.H. Court Linkage staff.**

**OBJECTIVES:** **As a result of attending this training, participants should be able to:**

1. Identify the basic principles of DBT theory.
2. Discuss the biosocial theory of BPD while becoming aware of cultural variations in the application of this theory.
3. Explain the concepts of emotion dysregulation and invalidating environment.
4. Describe treatment of Borderline Personality Disorder from a DBT perspective.
5. Identify DBT stages and targets of treatment.
6. Utilize chain analysis and validation.
7. Explain DBT case management strategies working from a recovery model.
8. Describe the four DBT skills groups.
9. Identify behavior targets and core strategies of treatment and apply them to the correctional setting.
10. Discuss forensic modification of treatment function.
11. Modify DBT for use with individuals and groups, in correctional settings.
12. Identify the criteria for Borderline Personality Disorder.

**CONDUCTED BY:** Dorit Saberi, Ph.D., Harbor UCLA  
**COORDINATED BY:** Scott Langer, Training Coordinator  
e-mail: [slanger@dmh.lacounty.gov](mailto:slanger@dmh.lacounty.gov)

**DEADLINE:** May 16, 2018

**CONTINUING**

**EDUCATION:**

**COST** NONE

DMH Employees register at:  
<http://learningnet.lacounty.gov>

Contract Providers register at:  
<https://goo.gl/forms/ltnp6ySHDusWrxFT2>