

Cultural Competency

CGF Designation

Dialectical Behavior Therapy (DBT) For Justice Involved Consumers.

DATE & TIME: March 13 & 14, 2019

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: St. Anne's Maternity Home
155 N. Occidental Blvd.
Los Angeles, CA 90026

PARKING: \$6.00 Valet Parking
Limited Free Street Parking

Dialectical Behavior Therapy (DBT) is a form of psychotherapy used to treat people with Borderline Personality Disorder (BPD) and chronically suicidal individuals. This course provides instruction and supervision in the theory, research, and application of cognitive behavioral and "dialectic" interventions used when providing treatment in a correctional setting to clients diagnosed with Borderline Personality Disorder along with other Axis I severe and persistent mental illness. Dialectical Behavior Therapy combines standard cognitive-behavioral techniques for emotion regulation with concepts of distress tolerance, acceptance and mindful awareness. This course will begin with an overview of Dialectical Behavior Therapy and a discussion of the biological theory of BPD, DBT stages and targets of treatment, commitment and validation strategies and behavioral chain analysis for understanding the function of behavior. An overview of individual and skills group modalities in implementation of treatment will be presented. The emphasis will be on clinical application to forensic and correctional settings.

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

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DEADLINE: March 6, 2019

CONTINUING EDUCATION: 12 hours for BBS, BRN, CCAPP-EI, CE for Psychologist

COST: NONE

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

Contract Providers register at:
<https://goo.gl/forms/mS6gxn8lek1JK72t1>