

# Dialectical Behavioral Therapy (DBT)

## 5 Day Intensive Training

DBT is a cognitive behavioral treatment that was originally developed by Marsha Linehan, PhD to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD) and it is now recognized as the most effective treatment for this population. Since its creation, research has shown that it is also effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD), and eating disorders. The goal of this workshop will be to introduce participants to the principles and strategies of DBT focusing on behavior contextually. This is a functional approach and emphasizes acceptance as the only viable stance toward private experience (in particular, troubling cognitions and emotions). Mindfulness will be practiced each day. Participants will identify and commit to a behavior to change. Diary cards will be utilized to track behaviors and skill use. Diary cards will be reviewed each day.

**Where** Kenneth Young Center  
1001 Rohlwing Road  
Elk Grove Village, IL 60007  
847-524-8800

**Cost** \$500 for all five days  
\$100 per day  
20% discount for 5 or more people from one agency  
50% discount for Students

**CEUs** Average 6 CEUs available per day

**RSVP** [Cathy Palubicki \(cathyp@kennethyoung.org\)](mailto:cathyp@kennethyoung.org).

**About the Presenter** Paul Holmes, PsyD is a lecturer at the University of Chicago School of Social Service Administration and was previously a faculty member in the University's Department of Psychiatry. He has been an instructor in the Professional Development Program at SSA since 2001. Paul Holmes is Founder and Managing Partner of the Emotion Management Program (EMP). He has wide-ranging experience working with multiproblem client populations and has provided dialectical behavior therapy (DBT) services since 1994. His current interests focus on the impact of mindfulness on private experiences associated with self injurious behavior and emotional dysregulation.

## Series Outline

Introductions  
Dialectical Behavioral Therapy in Context  
The 3 Waves in Behaviorism  
Skills Group Material- Interpersonal Effectiveness  
Mindfulness  
Biosocial Theory  
Dialectics  
Basic Assumptions  
What is DBT?  
Consultation Agreements  
Introduction of Diary Cards  
Identifying Target Behaviors  
Setting up Diary Cards  
**6.25 CEU Credits**

**DAY 1**  
Fri, Oct 27  
9am-5pm

Skills group Described  
Group Agreements  
Four Skills Areas  
Mindfulness  
Distress Tolerance  
Emotion Regulation  
**6.5 CEU Credits**

**DAY 2**  
Fri, Nov 3  
9am-5pm

(please note time change for this day of the training)  
Emotion Regulation (continued)  
Interpersonal Effectiveness  
Hierarchy of Target Behaviors  
Individual Therapy  
**5.5 CEU Credits**

**DAY 3**  
Mon, Nov 13  
11am-6pm

Pretreatment Sessions  
Layout of Individual Sessions  
Functional Analysis/Solution Analysis  
Styles of Communication  
Reciprocal/Irreverent Communication  
Roleplay  
**5.5 CEU Credits**

**DAY 4**  
Mon, Dec 18  
9am-5pm

Validation Defined  
Levels of Validation  
Telephone Consultation  
Consultation Group  
Roleplay  
**5.5 CEU Credits**

**DAY 5**  
Fri, Dec 22  
9am-5pm



sponsored by

