

SKILLS TRAINING IN DIALECTICAL BEHAVIORAL THERAPY: THE ESSENTIALS

Presenter: Haleh Ghanizadeh, M.D., M.P.H.

**Thursday, October 17, 2019 & Friday, October 18, 2019
9:00 a.m. – 5:00 p.m.
Fort Lauderdale, Florida**

This two-day workshop covers the fundamentals of Dialectical Behavior Therapy (DBT) Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Participants learn how to plan, structure, and conduct DBT skills classes. This workshop also addresses the targets for skills training, as well as how to apply fundamental DBT strategies in skills training. Extensive teaching and use of clinical examples are used to illustrate specific skills training procedures, assignment and review of homework with clients, and troubleshooting common skills training obstacles. This course is designed for all mental health professionals who want to learn to teach DBT skills or to improve their teaching with clients. This training will include the original DBT skills as developed by Dr. Linehan and will incorporate material from her recently published DBT® Skills Training Manual, Second Edition.

Level of Curriculum Content: Introductory

ABOUT THE PRESENTER

Haleh Ghanizadeh, M.D., M.P.H is board certified in general adult and forensic psychiatry. Experienced in providing administrative and psychiatric services in city, state and federal prisons and jails, she currently consults to prison systems, state organizations and public schools in the areas of assessment, staff training and program development for emotionally and behaviorally challenged youth and adults. She trains and consults individually and for Behavioral Tech, LLC, and has a private practice in Wilton, CT. Her special areas of clinical expertise involve providing Dialectical Behavior Therapy and pharmacotherapy to teens, adults and their parents, when trauma, impulsivity, depression and anxiety are prominent.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe how DBT skills fit in the larger context of DBT.
- Describe the function of skills training.
- Describe the dialectical nature of DBT skills training.
- Identify the targets for DBT skills training.
- Identify the goals of DBT Mindfulness skills.
- Describe how Core Mindfulness skills are key (core) to all skills taught in DBT.
- Identify the goals of DBT Distress Tolerance skills.
- Identify the goals of DBT Emotion Regulation skills.
- Describe the functions of emotions.
- Identify the goals of DBT Interpersonal Effectiveness skills.
- Identify the strategies and procedures required for effective teaching of DBT skills training.
- Explain the progression from skills acquisition and strengthening to generalization.

PROGRAM LOCATION

Nova Southeastern University
Carl DeSantis Bldg. (H. Wayne Huizenga School of Business & Entrepreneurship)
Knight Auditorium – Room 1124
3301 College Avenue
Ft. Lauderdale, FL 33314

For maps and directions to Nova Southeastern University's main campus in Ft. Lauderdale, please visit our web site at <http://www.nova.edu/cwis/campusmaps/maincampus.html>. Telephone directions to the main campus are available 24 hours a day by calling (954) 262-1563.

PROGRAM AGENDA

Day 1 – Thursday, October 17th:

8:30am – 9:00am	Registration and refreshments
9:00am – 10:30am	DBT Skills in Context
10:30am – 10:45am	Break
10:45am – 12:30pm	DBT as Dialectics & DBT Skills Delivery
12:30pm – 1:45pm	Lunch (on your own)
1:45pm – 3:15pm	The Middle Path: Dialectics, Validation, and Changing Behavior
3:15pm – 3:30pm	Break
3:30pm – 4:45pm	DBT Core Mindfulness Skills
4:45pm – 5:00pm	Homework Assignment, Questions & Answers

Day 2 – Friday, October 18th:

8:30am – 9:00am	Registration and refreshments
9:00am – 10:30am	Interpersonal Effectiveness Skills
10:30am – 10:45am	Break
10:45am – 12:30pm	Emotion Regulation Skills
12:30pm – 1:45pm	Lunch (on your own)
1:45pm – 3:15pm	Distress Tolerance Skills
3:15pm – 3:30pm	Break
3:30pm – 4:45pm	Teaching & Coaching DBT Skills
4:45pm – 5:00pm	Questions & Answers

For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/21.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/21.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive 12.5 continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP). The College of Psychology offers two programs, (1) the M.S. in School Counseling and (2) the Psy.S. in School Psychology, for practitioners in P-12 schools that have been accredited by the National Council for Accreditation of Teacher Education (NCATE). The accreditation for these programs is awarded to the university through the Fischler School of Education as follows: The Fischler School of Education at Nova Southeastern University is accredited by the National Council for Accreditation of Teacher Education (NCATE), www.ncate.org. This accreditation covers initial teacher preparation programs and advanced educator preparation programs at all university locations and online. However, the accreditation does not include individual education courses that the institution offers to P-12 educators for professional development, relicensure, or other purposes.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.