

DBT Fundamentals Training

A 2 Day Introduction to DBT for Psychotherapists,
Educators & Helping Professionals
Saturdays, May 8 and 29, 2020
Chapel Hill NC

The DBT Fundamentals Training: a Trans-Diagnostic Treatment for Emotion Dysregulation

Dialectical Behavior Therapy (DBT) is a highly effective treatment developed by Marsha M. Linehan, PhD for multi-diagnostic, severely disordered individuals with pervasive emotion dysregulation. While originally developed for difficult-to-treat patients with borderline personality disorder, research has demonstrated that DBT is also effective for individuals with a variety of complex problems, such as eating disorders and substance abuse, where emotion dysregulation is often at the core of the client's problems. DBT, with its dialectical framework, provides a behavioral systems approach also shown to benefit couples and families. DBT has been adapted for use in a variety of settings, including inpatient hospitals, schools, residential programs, and prisons, as well as outpatient clinics.

Benefits of the DBT Introductory Fundamentals Training

1. Gain understanding of these key DBT fundamentals: ● The Development of DBT into a Trans-Diagnostic Treatment for Emotion Dysregulation ● The Structure of DBT: Stages of Treatment and Target Hierarchy ● Understanding Emotion Dysregulation, the Biosocial Theory and the Transactional Model ● When/How to Use the Acceptance Strategies, featuring Validation ● The Behavioral Change Strategies, featuring Problem-Solving ● Overview of DBT Skills: Core Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance ● What is Dialectics and How to Use the Dialectical Strategies ● DBT Behavior Chain Analysis and Case Formulation
2. This training meets one of the basic requirements (along with being on a DBT Team and providing the 5 Functions/Modes of comprehensive DBT) for therapists to be part of the [TADBiT DBT Therapist Directory](#). For those of you who have been participant-observers in DBT Skills Group or in DBT Skillz for Therapists, this training provides a theoretical and practical foundation that complements your experiential learning.
3. Participants who complete both sessions will earn a certificate of completion for the 12 hours of training. While past experience indicates that these hours can be applied to certain categories of continuing education for LCSWs, LMFTs and LPPs, participants assume responsibility to confirm this with their respective licensure boards.

Who Should Attend? This course is designed for mental health and other professionals (clergy, teachers, professors, nurses, physicians). Supporting self and others in developing skillful compassion increases effective emotional coping and well-being. Past attendees are invited to use this as a “refresher” course.

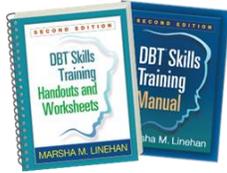
Location: Unity Center of Peace in Chapel Hill, 8800 Seawell School Rd, Chapel Hill, NC 27516

Schedule: Saturdays, May 8 and 29, 2020, 8:30am registration, 9am – 4:30pm.

Cost: General fee is \$280 if paid by April 4, 2020. \$380 thereafter.

Students, Refresher (those having had previous TADBiT, BTech or UNC SSW 2 Day Training), and others requesting a Reduced fee: \$180 if paid by April 4, 2020. \$280 thereafter. Refund requests by email must be received one month before the start date. This information is also on triangleareadbtc.com.

Online registration and instructions at www.dbtfamilyskills.com/dbt-2day-intro-reg



Highly Recommended Books: DBT® Skills Training Handouts and Worksheets, 2nd Edition, Marsha Linehan; Cognitive Behavioral Treatment of Borderline Personality Disorder. Marsha Linehan; DBT® Skills Training Manual: 2nd Edition, Marsha Linehan; Doing Dialectical Behavior Therapy, Kelly Koerner; DBT® Principles in Action: Acceptance, Change, and Dialectics, Charlie Swenson.

Instructors: Jeanette Sarbo, Martha Golden, Janice Bainbridge and John Mader

Martha Golden, PsyD, Licensed Psychologist, DBT-Linehan Board of Certification, Certified Clinician™ and Co-Director of Triangle Area DBT (TADBiT). Dr. Golden holds masters and doctorate degrees in Clinical Psychology. She completed her pre-doctoral internship at Duke University's Counseling Center followed by a post-doctoral fellowship at TADBiT. Dr. Golden started her private practice in 2005 and has served as the Intake Coordinator for the DBT-U program (DBT for university students) since 2006. She works with people individually, co-leads DBT skills groups, participates on a DBT consultation team, supervises students working towards licensure, provides consultation, consulting, and trainings to organizations, businesses, and clinicians.

Jeanette Sarbo, PhD, with degrees in clinical psychology and clinical social work, is an experienced DBT therapist, who continues to be deeply enthusiastic about the healing these skills bring. She began her DBT training in earnest in 1995 and has been co-leading DBT skills training groups for twenty years with Dr. Meggan Moorhead. She continues to feel gratitude that learning DBT skills has given so many clients a sense of mastery, competence, and freedom from overwhelming emotional pain. After a lifetime of distress, change is possible.

Janice Bainbridge, LCSW first received DBT training in 2009 by Meggan Morehead, Jeanette Sarbo and Norma Safransky. As an instant DBT devotee, she was intensively trained in DBT in 2011 with a consultation team that is still working together. In 2016 she became a DBT Certified Clinician. She has been leading DBT skills group and providing therapy for 10 years. At the UNC Center for Excellence in Community Mental Health, she provides services and programming for people with serious mental health conditions and complex problems such as co-occurring disorders and obstacles in social determinants of health, often caused by poverty. She is passionate about providing treatment and support for those who have the most difficulty accessing quality care and treatment.

John Mader, LMFT has a private practice in Chapel Hill and Carrboro, NC as a Licensed Marriage & Family Therapist (LMFT) and DBT-Linehan Board of Certification, Certified Clinician™. He has completed DBT Intensive training and is a Co-Director of Triangle Area Dialectical Therapy (founded by Meggan Moorhead and Norma Safransky). He has taught DBT Skills Training Groups since 1997, DBT Family Skills Training since 2004, DBT Skills for Couples since 2008 and leads a DBT Consultation Team. His website, dbtfamilyskills.com, provides resources on using DBT skills in relationship.



Triangle Area Dialectical Behavior Therapy

triangleareadbtc.com
