



DBT Fundamentals Online Training

An Introduction to DBT for Psychotherapists,
Educators & Helping Professionals

Saturdays, March 27-April 17, 2021

Triangle Area DBT - TADBiT

The DBT Fundamentals Online 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 and How to Use the Acceptance Strategies, featuring Validation ● The Behavioral Change Strategies, featuring Problem-Solving ● Overview of DBT Skills of 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 (to identify factors controlling problem behaviors) ● Strategies for Adapting DBT to Unique Settings Using DBT Functions and Modes
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 all four 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 (however likely not for LCMHCs), 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.

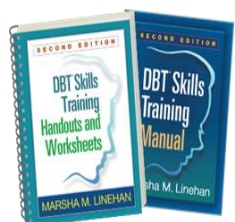
Location: Online. You will be sent the link to join.

Schedule: Four Saturday Mornings, March 27-April 17, 2021, 9am – 12:15pm.

Cost: General fee is \$280 if paid by March 6, 2021. \$330 thereafter.

Students, Refresher (those having completed previous TADBiT, BTEch or UNC SSW 2 Day Training), and others requesting a Reduced fee: \$180 if paid by March 6, 2021. \$230 thereafter. Refund requests by email must be received one month before the start date.

Online registration and instructions at www.dbtfamilyskills.com/dbtfundamentalstraining2021



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; Building a Life Worth Living: A Memoir, Marsha Linehan; Doing Dialectical Behavior Therapy, Kelly Koerner; DBT® Principles in Action: Acceptance, Change, and Dialectics, Charlie Swenson.

Instructors: Jeanette Sarbo, Janice Bainbridge, Martha Golden, 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.

Janice Bainbridge, LCSW, has completed DBT Intensive training and is a DBT-Linehan Board of Certification, Certified Clinician™. She has been practicing DBT and teaching skills classes for over 10 years and participates in a DBT consultation team. In her work at UNC Center for Excellence in Community Mental Health where she is currently employed, she leads DBT skills groups for individuals experiencing serious mental health conditions and complex problems in areas related to social determinants of health.

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.

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
