



Behavioral Health Education & Training Academy presents

Dialectical Behavior Therapy (DBT) SERIES

TRAINING INFORMATION

Trainer: [Hais Lindeman, LMFT](#) , [Training Outline](#)

Audience: BHS Counselors, therapists, and case managers

Course Description: Dialectical Behavior Therapy (DBT) can be applied in many of the treatment programs available in the Behavioral Health System. In this training series participants will receive an in-depth learning experience designed to increase their DBT knowledge and skills, practice DBT skills in class and their workplace, and further develop and tailor their DBT skills through consultation with their peers and experts.

Learning Objectives: Upon completion of this training, participants will be able to:

- Identify the four treatment modules and treatment strategies of DBT
- Conceptualize a case from a DBT framework
- Accurately assess if DBT is relevant/indicated intervention
- Demonstrate application of introductory DBT principles

TRAINING DATES & TIMES

Training Location: Academy for Professional Excellence—Upstairs Training Room 205
6505 Alvarado Rd, San Diego CA 92120

Training Name:	Date:	Time:
PREREQUISITE: Introduction to DBT eLearning (BHE0034)	Completed by 2.10.18	
Skills Day 1	Thursday, February 15, 2018	8:30am - 4:30pm
Skills Day 2	Thursday, March 15, 2018	8:30am - 4:30pm
Case Conference	Thursday, April 19, 2018	8:30am - 12:30pm
Group Consultation	Thursday, May 17, 2018	10:00am - 11:00am

Participants will receive 19 CEs only upon completion of ALL training activities in this series.

REGISTRATION: If you *already have an account*, [click here](#) to log into the LMS and register for the training. If you do not already have an account in the LMS you will need to open an account. Click [here](#) to request an LMS account. Email BHETA@mail.sdsu.edu have any questions. This training is FREE of charge to County employees and contractors.

CONTINUING EDUCATION: This course meets the qualifications for 19 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0818, and CAADE Provider # CP10-906-CH0320 for 19 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 3-5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievances Procedure](#).

6505 Alvarado Road
San Diego, CA 92120
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Dialectical Behavior Therapy DESCRIPTION

DBT - Overview eLearning

Upon completion of this eLearning course participants will be able to recognize what Dialectical Behavior Therapy is and when it is used; identify the elements of Borderline Personality Disorder diagnosis; recognize how DBT is used in individual training and group training; identify the four treatment modules of DBT; and identify treatment strategies of DBT.

DBT - Skills Training, February 15, 2018 8:30am - 4:30pm & March 15, 2018 8:30am - 12:30pm

This 1 ½ day skill development workshop will provide practical training involving didactics and role play practice of core DBT intervention techniques and their application to common problems. "Third Wave" Therapies that integrate acceptance, validation, and mindfulness with change-based strategies will be discussed.

DBT - Case Conference, April 19, 2018 8:30am - 12:30pm

The case conference will provide participants an opportunity to practice DBT skills. Participants present and discuss challenges and successes in providing DBT. Discussions will lead to deepening the skill in providing DBT and support for re-occurring or persistent issues.

Group Consultation - May 17, 2018, 1 hour Teleconference, 10:00am-11:00am

Participate in this group case consultation teleconference to address any challenges with implementing DBT. The consultation will conclude with ideas about forming peer consultation groups to maintain the skills you have learned.

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