



# DBT Fundamentals I:

## How to Deal with Pain to Avoid Suffering

Premier Training for Clinicians

Friday November 18, 2016 • 8:30 a.m – 4:00 p.m &  
Saturday November 19, 2016 • 8:30 a.m. – 3:00 p.m.

**Who should attend?** Clinicians and individuals interested in learning DBT therapy or those who have learned it and are interested in a refresher. Clinicians or individuals interested in Core Mindfulness and Distress Tolerance principles and skills.

**Workshop description:** This two day training explores the fundamentals of Dialectical Behavior Therapy (DBT) Skills: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. The terminology and basic concepts of DBT will be reviewed as well as ways to effectively apply the skills in the participant's respective setting. This workshop will concentrate on the first two modules (Core Mindfulness and Distress Tolerance) to help clinicians understand concepts and techniques to help clients deal with pain and avoid suffering. This workshop will provide the participants a sound foundation and understanding of DBT concepts and principles. Lecture, role-play, rapid rehearsal and small group exercises will be used to teach DBT strategies.

### Educational Objectives:

- Understand the basic foundation and research evidence for DBT
- Understand the dialectic nature of DBT and overview of all DBT modules
- Identify the strategies & procedures required for effective teaching of DBT skills
- In depth understanding of the principles of Core Mindfulness and Distress Tolerance Modules
- Become familiar with implementation of Core Mindfulness and Distress Tolerance skills
- Understand how to adapt DBT skills for specific populations and settings
- Understand therapy interfering behaviors and how to deal with them

### Workshop facilitator



**Dr. Kimberly Vay, EdD, LPC**

Dr. Kimberly Vay is a Licensed Professional Counselor who has been working with children, adolescent and families for 11 years. She received her Bachelor's of Arts in Education at Edinboro University in PA, Masters of Arts in Professional Counseling at Argosy University and her Doctoral Degree in Counseling Psychology at Argosy University. She participated in Core Clinical training© and Case-Based clinical training in Dialectical Behavior Therapy© with Shari Manning of Treatment Implementation Collaborative and formerly with Behavioral Tech. Recently she also completed Advanced Case Based DBT Training© in 2014.

Dr. Vay provides DBT in the group, individual and family settings and has led adolescent and family skills groups. Dr. Vay also leads parent DBT groups. Additionally, Dr. Vay has been trained in Level One and Two of Theraplay® and Group Theraplay®. She has been practicing Theraplay® in groups, individual and family therapy.

Dr. Vay enjoys working with children, pre-teens, adolescents and young adults struggling with interpersonal relationships, emotion regulation and self-esteem to help them learn coping strategies and skills to effectively manage intense emotions and feelings and to build a Life Worth Living.

Location:  
Hillside Campus  
Monroe Building

1301 Monroe Drive  
Atlanta, GA 30306

Date and Time:  
Fri. November 18, 2016  
8:30 a.m. – 4:00 p.m.  
&  
Sat. November 19, 2016  
8:30am - 3:00pm

Cost: \$200.00\*

\*Continental Breakfast and lunch included

Registration Deadline:  
November 15, 2016  
[www.hillsideDBT.org](http://www.hillsideDBT.org)

Continuing Education:  
10 Core Hours Approved by  
LPCA-GA & GAMFT

11 Core Hours approved by  
NASW-GA



2-day DBT Workshop

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### Workshop schedule

8:00	-	8:30	Breakfast and Sign-in
8:30	-	8:45	Introduction/Mindfulness Practice (intro to bell)
8:45	-	9:15	"What the Heck is DBT"? Research Supporting DBT
9:15	-	10:15	General Principles/Stages of Treatment
10:15	-	10:30	Break
10:30	-	11:00	DBT Assumptions/Dialectics
11:00	-	12:00	Core Mindfulness Principles
12:00	-	1:00	Lunch
1:00	-	1:15	Mindfulness Practice
1:15	-	2:30	Core Mindfulness Skills
2:30	-	3:30	Mindfulness- Practical Applications
3:30	-	4:00	Mindfulness – Homework, Q&A, Wrap up, & Evaluation

### Day 2

8:00	-	8:30	Breakfast and Sign-in
8:30	-	8:45	Mindfulness Practice
8:45	-	9:15	Homework Review
9:15	-	11:00	Distress Tolerance Principles
11:00	-	11:15	Break
11:15	-	12:30	Distress Tolerance Skills
12:30	-	1:30	Lunch
1:30	-	1:45	Mindfulness Practice
1:45	-	2:15	Distress Tolerance – Practical Applications
2:15	-	2:45	Therapy Interfering Behaviors
2:45	-	3:00	Workshop Summary/Evaluation

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Registration Deadline:  
May 18, 2016  
[www.hillsideDBT.org](http://www.hillsideDBT.org)

Continuing Education:  
10 Core CE Hours Approved by  
LPCA-GA & GAMFT

11 Core CE Hours Approved by  
NASW-GA

Participants must attend the entire presentation in order to receive a CE certificate at the conclusion of the seminar. Arrival after 8:30 a.m. or leaving early will not receive a CE certificate. According to State licensing guidelines, no partial credits will be issued.

Register Online

[www.hillsideDBT.org](http://www.hillsideDBT.org)

For more information Contact Hillside's Referral Relations Coordinator: Gaan Akers, LPC

Email: [gakers@hside.org](mailto:gakers@hside.org) Phone: 404-545-2163