



2-day DBT Workshop

# DBT Fundamentals Part II: Skills for Change and Effective Communication

Friday February 24, 2017 • 8:30 a.m – 4:00 p.m. &  
Saturday February 25, 2017 • 8:30 a.m. – 3:00 p.m.

## Premier Training for Clinicians

**Who should attend?** This workshop is designed for clinicians and mental health professions who want to expand their knowledge of DBT or those who have learned it and are interested in a refresher. Clinicians or individuals DBT wanting to learn about DBT Change skill modules: Emotion Regulation & Interpersonal Effectiveness.

### Prerequisites:

If you have not attended *DBT Fundamentals I: How to Deal with Pain to Avoid Suffering*, you should meet the following criteria to attend this workshop:

1. Have attended a DBT training/workshop and/or learned DBT through self-guided study of the treatment manuals.
2. Be familiar with the structure, goals and stages of DBT treatment
3. Be familiar with the 4 modes of therapy
4. Have basic knowledge of how to conduct a Behavior Chain Analysis

**Workshop description:** This two day training expands on Part I and further explores the fundamentals of Dialectical Behavior Therapy (DBT) Skills focusing on Emotion Regulation and Interpersonal Effectiveness. The terminology and basic concepts of DBT will be reviewed; however basic knowledge of DBT is required to attend. This workshop also includes Biosocial Theory and how biology plays a role in ones development. Participants will gain a more in-depth understanding of DBT concepts and principles with an opportunity to put the skills into practice. Extensive role-play and clinical examples will be used to illustrate DBT strategies and techniques. Behavior Chain Analysis (BCA) will also be further explored through use of role-play and clinical examples.

## 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 Doctorial 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. February 24, 2017  
8:30 a.m. – 4:00 p.m.  
&  
Sat. February 25, 2017  
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:  
11 Core Hours applied for approval by NASW-GA, LPCA-GA, and GAMFT



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Skills for Change and Effective Communication**

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**Educational Objectives:**

- Understand the Biosocial Theory
- Demonstrate implementation of DBT skills into respective settings
- Understand the principles of Emotion Regulation and Interpersonal Effectiveness Modules
- Conduct & understand implementation of Behavior Chain Analysis (BCA)
- Demonstrate implementation of all DBT skills

*Workshop schedule*

8:00	-	8:30	Breakfast and Sign-in
8:30	-	8:45	Introduction/Mindfulness Practice
8:45	-	9:15	Review of DBT principles and stages
9:15	-	10:15	In-depth overview of Behavior Chain Analysis (BCA)
10:15	-	10:30	Break
10:30	-	12:00	Biosocial Theory
12:00	-	1:00	Lunch
1:00	-	1:15	Mindfulness Practice
1:15	-	2:00	Overview of Mindfulness/Distress Tolerance Skills
2:00	-	2:30	Break out session/Conducting a BCA (Role-Play)
2:30	-	3:30	Putting it all into practice (Role-Play)
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	Emotion Regulation/Interpersonal Effectiveness Modules
11:00	-	11:15	Break
11:15	-	12:15	Walking the Middle Path
12:15	-	1:15	Lunch
1:30	-	1:45	Mindfulness Practice
1:45	-	2:45	Putting it all into practice (Role-Play)
2:45	-	3:00	Workshop Summary/Evaluations

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- Monroe Building  
1301 Monroe Drive  
Atlanta, GA 30306

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Fri. February 24, 2017  
8:30 a.m. – 4:00 p.m.  
&  
Sat. February 25, 2017  
8:30am - 3:00pm

**Cost: \$200.00\***

\*Continental Breakfast and lunch included

**Registration Deadline:**

February 22, 2017  
[www.hillsideDBT.org](http://www.hillsideDBT.org)

**Continuing Education:**

11 Core CE Hours applied for approval to  
NASW-GA, LPCA-GA & GAMFT

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  
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