



DBT Fundamentals II:

Skills for Change and Effective Communication

Saturday June 10, 2017 • 8:30 a.m – 4:00 p.m

Workshop description: This training expands on Part I and further explores the fundamentals of Dialectical Behavior Therapy (DBT) Skills focusing on Emotion Regulation and Interpersonal Effectiveness. This workshop also includes overview of the Biosocial Theory and the Behavior Chain Analysis (BCA). Participants will gain a more in-depth understanding of DBT concepts and principles with an opportunity to put all the skills into practice. Extensive role-play and clinical examples will be used to illustrate DBT strategies and techniques. Behavior Chain Analysis (BCA) and the 6 levels of validation will also be further explored through use of role-play and clinical examples.

Prerequisites: Participation in DBT Fundamentals part I or other DBT workshops/study. Participants must be familiar with DBT structure, goals, modality, and stages of treatment as well as understand the Accept Skills modules- Mindfulness and Distress Tolerance.

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 and implementation of all DBT skills

Workshop Schedule:

8:00	-	8:30	Registration and Sign-in
8:30	-	8:45	Mindfulness Practice
8:45	-	9:30	Behavior Chain Analysis
9:30	-	10:15	Biosocial Theory
10:15	-	10:30	Break
10:30	-	11:30	Emotion Regulation Module and Practical Application
11:30	-	12:00	Role Play Session
12:00	-	1:00	Lunch
1:00	-	1:15	Mindfulness Practice
1:15	-	1:45	Interpersonal Effectiveness skills Module
1:45	-	2:45	Walking the Middle Path Module (Levels of Validation)
2:45	-	3:30	Role Play session/Putting all the DBT skills into practice
3:30	-	4:00	Workshop Summary/Evaluation

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.

Location:
Hillside Campus -Monroe Building
1301 Monroe Drive
Atlanta, GA 30306

Date and Time:
Friday June 9, 2017
8:30 a.m. – 4:00 p.m.

Cost: \$120.00*
* Continental breakfast & lunch included
*Our policy does not allow for cancellation/refund. Substitution may be permitted on a case to case basis.

Registration Deadline: June 5, 2017

Continuing Education:
6 Core Hours approved by LPCA (#7027-17M)
6 Related Hours approved by NASW-GA
6 Core Hours applied to GAMFT
Pending GPA-Approval for CE credits (Area IV for Psychologists)

Register Online
www.hillsideDBT.org
For more information
Contact Gaan Akers
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