

Workplace DBT Training Series

What is Dialectical Behavioral Therapy (DBT)?

DBT is recognized as a best practice for treating self-harm and/or suicidal behaviors and has been adapted for individuals with substance use disorders; adults and adolescents with eating disorders; depressed senior citizens; adults with ADHD; and inmates in correctional settings.

DBT uses a cognitive behavioral approach infused with Zen principles and practices. These include a strong emphasis on acceptance of a person as they are, combined with the expectation that current behaviors need to change.

DBT Skills Training consists of four major components: Interpersonal Effectiveness, Emotion Regulation, Distress Tolerance and Core Mindfulness Training.

Who this training is for:

Community Mental Health Workers, Mental Health Clinicians, Persons in Recovery, Family Members, Teachers and Students.

The Training:

The training consists of six (6) 2 ½ hour sessions scheduled once per week for six consecutive weeks. Homework will be assigned each session and half of each successive session will be utilized for homework review and skills practice. It is imperative that participants attend each and every session to ensure effective training.

About the Trainer: A graduate of DBT skills training as a hospital outpatient, Deborah Max is a certified safety, ASIST (suicide intervention) and safeTALK (suicide awareness) trainer. She has provided technical assistance to peer run mental health programs throughout New York State assisting with the development of personnel policy and ensuring compliance with State and Federal regulatory guidelines. Deborah has provided training on harm reduction as it relates to trauma at NYAPRS, USPRA, NYS Case Management Coalition conferences and for Iona College's School of Social Work and the clinical staff at La Casa, TeleCare Corporation, Long Beach California.

Fees:

Agency sponsored: \$350

Self pay \$275

Location:

Human Development Services of Westchester
930 Mamaroneck Avenue
Mamaroneck, NY 10543

Training Times:

1:30 PM - 4:00 PM

Track A

Monday April 17, 2017
Monday, April 24, 2017
Monday May 1, 2017
Monday, May 8, 2017
Monday May 15, 2017
Monday, May 22, 2017

Track B

Tuesday April 18, 2017
Tuesday April 25, 2017
Tuesday May 2, 2017
Tuesday May 9, 2017
Tuesday May 16, 2017
Tuesday May 23, 2017

THIS TRAINING COUNTS FOR 15 CASAC RENEWAL HOURS



NEW YORK STATE
OFFICE OF ALCOHOLISM AND SUBSTANCE ABUSE SERVICES
Addiction Services for Prevention, Treatment, Recovery
Andrew M. Cuomo, Governor
Arlene González - Sánchez, Commissioner

*Register today for this popular six (6) part training series.
Slots are Limited. First Come. First Served.*

Be sure to specify which location and/or track you wish to attend.

To learn more or book a slot contact Deborah at Deborah@Deborahmax.com