

An Overview of Dialectical Behavior Therapy Skills Training

Featuring **Shireen Rizvi Ph.D. ABPP**

*The goal of this training is to introduce and build on
Dialectical Behavior Therapy Skills for mental health providers.*

Target Audience: Certified Counselors, Psychologists & Social Workers

Dr. Shireen Rizvi received her doctorate in clinical psychology from the University of Washington where she studied borderline personality disorder (BPD) and DBT for more than five years under the mentorship of Dr. Marsha Linehan. She completed her predoctoral clinical internship at the Boston Consortium in Clinical Psychology and an NIMH postdoctoral fellowship at the National Center for PTSD at the Boston VA Healthcare System. Since 2009, she has been a professor at Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP). There, she directs a DBT training clinic, teaches on cognitive behavioral therapy and DBT, and conducts research on the efficacy of DBT across various populations and settings. She has authored or co-authored over 40 peer-reviewed articles, largely on topics related to DBT and BPD.



This is a two day workshop – participants must attend both days

Dates: Thursday September 26, 2019 & Friday September 27, 2019

Time: Both Days: *Registration 8:00 am to 8:30 am*

Thursday: Program 8:30 am – 4:30 pm

Friday: Program 8:30 am – 4:30 pm

Place: Rutgers – University Behavioral Health Care
151 Centennial Ave. – Training Room B & G
Piscataway, NJ 08854

Fee: \$225- General Registration
Breakfast & Lunch will be provided

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Delivery Format: Live training program

Lecture Overview: Dialectical Behavioral Therapy (DBT) is an evidenced-based treatment for Borderline Personality Disorder. It was originally developed by Dr. Marsha Linehan in the 1980s and has since been evaluated in numerous research trials and disseminated around the world. Comprehensive DBT includes once per week individual therapy, once per week skills training groups, and as needed telephone-consultation.

Objectives: At the conclusion of this course, the participant should be able to:

Day 1

- 1) Identify 3 “what” and 3 “how” skills of DBT.
- 2) Practice exercises for teaching mindfulness to clients.
- 3) Identify the difference between crisis survival and reality acceptance skills.
- 4) List strategies for keeping clients engaged in skills group during didactic teaching.

Day 2

- 1) Review homework in skills group and address homework non-completion.
- 2) List the components for the model of emotions that inform all the DBT skills.
- 3) Teach clients to ask effectively for something that is important.
- 4) Identify and treat behaviors that interfere with successful delivery of skills.

Program Agenda Day 1

8:30-10:15a	Program Overview Introduction to Mindfulness Skills
10:15-10:30a	Break
10:30-12:00p	Mindfulness Skills (cont.) Distress Tolerance Skills
12:00-1:00p	Lunch (provided)
1:00-2:30p	Crisis Survival vs. Reality Acceptance
2:30-2:45p	Break
2:45-4:15p	How to Run an Effective and Lively Skills Group
4:15-4:30p	Q&A; Assignment of Homework; Evaluations

Program Agenda Day 2

8:30-10:15a	Mindfulness Exercise Review of Homework Emotion Regulation Skills
10:15-10:30a	Break
10:30-12:00p	Emotion Regulation Skills (cont)
12:00-1:00p	Lunch (provided)
1:00-2:30p	Interpersonal Effectiveness Skills
2:30-2:45p	Break
2:45-4:15p	Addressing Therapy Interfering Behavior in Groups
4:15-4:30p	Q&A; Evals

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Speakers and planning committee members have declared that they have nothing to disclose. There is no commercial support for this activity.

Professional Contact Hours Available

- Please note that participants may not be eligible for continuing education credits if they are not on time and present for the entire session.
- Participants must sign in for each day.
- Participants must submit a completed evaluation form at the end of the program for each day.
- Partial credits will not be issued to participants arriving late or leaving early or attending only 1 day.

Certified Counselors: Rutgers University Behavioral Health Care (UBHC) is an NBCC Approved Continuing Education Provider (ACEP™) and a co-sponsor of this event/program. UBHC may award NBCC approved clock hours for events of programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. **(13 Clock Hours)**. Approval Number: 6198

Psychologists: Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Introductory. **(13 CE Credits)**. Provider #1532.

Social Workers (The New Jersey Board of Social Work Examiners): This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G and recognized by The New Jersey Board of Social Work Examiners. This program is approved for **15.0 clinical continuing education hours**.

Cancellation Policy:

If you cannot attend the program, please call (732) 235-9282 so that we can fill your seat with individuals on the program waiting list.

Inclement Weather:

You may call 732-445-4636 or go to www.NB.rutgers.edu to obtain an announcement if Rutgers – University Behavioral Health Care is closed due to inclement weather. If Rutgers -University Behavioral Health Care is closed, the program you have registered for will be canceled and if possible rescheduled.

Special Needs: If you have special physical requirements (ADA) and wish to discuss possible provisions, please contact Training and Consultation Resources at (732) 235-9282.

Additional Information:

Sweaters and jackets are recommended to accommodate for room temperature variations.

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For further information and/or grievances contact UBHC Center for Continuing Education at (732) 235-9282. UBHC reserves the right to modify the program content, program faculty, and program activities, and reserves the right to cancel the program if needed.

To register, please follow this link:

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