

Presented by

SENECA FAMILY OF AGENCIES in partnership with
ALAMEDA COUNTY BEHAVIORAL HEALTH

Dialectical Behavioral Therapy (DBT)

WHEN:

Date: May, 27th 2020

Time: 12:30 PM-3:00 PM

TRAINER: Amber Gonzalez

LOCATION:

Webinar via Zoom

INTENDED FOR:

Alameda County Behavioral Health Social Work and Mental Health Staff and Providers

About the Course

This training provides an overview of Dialectical Behavioral Therapy theory and framework, including comprehensive DBT, the Bio Social Theory of emotional dysregulation, dialectical thinking, and DBT coping skills from these 5 modules: distress tolerance, emotional regulation, mindfulness, interpersonal effectiveness, and middle path. Participants will learn when to implement these skills and how to support youth and families in using these coping skills to manage a variety of emotional and behavioral needs. Participants will also practice these skills in order to provide effective psychoeducation and modeling of skill use to youth and families.

Sign Up Instructions

Attendance will taken at 12:15pm.

Training will begin at 12:30pm.

A waitlist will be used to enroll in this training.

Step 1 : Agree to Terms of Agreement

Step 2: Fill out the entire form. It is very important to provide your current email as that is how you will receive the access and evaluation link for the training.

Step 3: In the drop down menu labeled "Agency" please select Alameda County Behavioral Health

Register here: <https://online.senecacenter.org/WWW/Public/TrainingReg/>

Educational Objectives:

- Participants will learn about comprehensive DBT treatment and foundational DBT theory.
- Participants will learn and practice DBT coping skills from 5 core skills modules: emotional regulation, distress tolerance, mindfulness, interpersonal effectiveness, and middle path skills.
- Participants will identify how to utilize these skills with multi-stressed children and families.

Register here: <https://online.senecacenter.org/WWW/Public/TrainingReg/ViewTrainingClasses.aspx?TraineeType=A>

**Questions about the training: training.unit@acgov.org
Lori DeLay , ACBH Training Officer: 510-567-8112**

If you must cancel enrollment, please do so at least 72 hours in advance of the training.

To request accommodation or to file a grievance about an ACBH sponsored training, go to: <http://www.acbhcs.org/training-calendar>