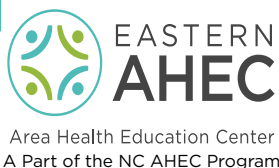




# ADVANCED APPLICATION OF DBT SKILLS

October 21, 2022

The Education Center at Eastern AHEC  
Greenville, NC



## About The Workshop

Dialectical Behavioral Therapy (DBT) was originally developed to treat non-suicidal self-injury and borderline personality disorder. However, research shows that DBT has also been successful in treating both adults and adolescents who are experiencing depression, bulimia, binge-eating, bipolar disorder, post-traumatic stress disorder, and substance abuse. In this workshop, participants will learn to effectively teach and strengthen their clinical application of DBT skills. Participants will be taught how to facilitate skills training, conduct homework reviews, and how to use behavioral strategies to enhance client participation. The use of behavioral rehearsal and role plays in skills training will also be reviewed. This workshop will focus on the process of skills training and will not cover in-depth content of the skills themselves.

## Objectives

- **Explain** how DBT skills training can decrease target behaviors
- **Identify** the four DBT skills modules
- **Describe** strategies and procedures required for effective teaching of DBT skills

## Target Audience

- Addiction professionals
- Licensed Clinical Mental Health Counselors
- Psychologists
- Marriage and Family Therapists
- Therapists and Clinicians working with children/adolescents, families, and adults
- Psychiatric Nurses
- Psychotherapists
- Counselors
- Social Workers
- All interested behavioral health professionals

## Faculty

**Becca E. Edwards-Powell, MSW, LCSW** is a psychotherapist with Triangle Area Psychology Clinic in Durham, where she treats adults with severe emotional dysregulation, personality disorders, PTSD, depression, anxiety, and other mental health concerns. Previously, she was the Director of Staff Development at Carolina Outreach, LLC., where she trained and supervised clinical staff, provided case consultation, and clinical quality management. Her background includes working with child and adult survivors of trauma in both group and individual therapy. Additionally, she has extensive training and experience in Dialectical Behavioral Therapy (DBT) to assist individuals with severe emotional dysregulation and impulsive behaviors. She is nationally certified in Trauma-Focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy (DBT) through the Linehan Board of Certification. Becca is also a training consultant with UNC-CH School of Social Work's AHEC Training Partnership.

*This presenter is being supported through a partnership between the UNC-CH School of Social Work and the NC AHEC Program.*

# Agenda

8:30 a.m.	CHECK-IN
9:00 a.m.	<ul style="list-style-type: none"><li>• Introductions</li><li>• Phases of Skill Development</li></ul>
10:30 a.m.	BREAK
10:45 a.m.	<ul style="list-style-type: none"><li>• Orienting and Committing Strategies</li><li>• Use of Metaphors and Situational Examples</li></ul>
12:15 p.m.	LUNCH (on your own)
1:15 p.m.	<ul style="list-style-type: none"><li>• Use of Metaphors and Situational Examples (Cont.)</li><li>• Behavioral Rehearsal and Roleplays</li></ul>
2:45 p.m.	BREAK
3:00 p.m.	Groups and Adaptations for Specific Populations
4:15 p.m.	Questions/Wrap-up
4:30 p.m.	ADJOURNMENT

## Handouts and Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

## Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / [ada-coordinator@ecu.edu](mailto:ada-coordinator@ecu.edu).

## Eastern AHEC Cancellation Policy

- Cancellations must be in writing ([easternahec@ecu.edu](mailto:easternahec@ecu.edu)).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

If you would like more information on the program, please contact Mental Health Education at [gavigang19@ecu.edu](mailto:gavigang19@ecu.edu).

## Credit

### Category A-NC Psychology Credit:

This program will provide 6.0 contact hours of (Category A) continuing education for North Carolina psychologists.

**No partial credit will be given.**

### Contact Hours

Certificates reflecting 6.0 contact hours of education will be awarded at the completion of the program.

### National Board for Certified Counselors Credit (NBCC):



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

### Substance Abuse Counselor Credit (SAC)

Application has been made to the North Carolina Addictions Specialist Professional Practice Board for up to 6.0 hours of Substance Abuse General Skill Building hours.

## Registration Information

Registration is online only at [www.easternahec.net](http://www.easternahec.net) and requires a current MyAHEC account. Registration will close the day before the program at 12:00 p.m.

### Fee: \$90.00

The registration fee includes program materials, credit, and refreshments.

*Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.*

### All Rights Reserved Statement

You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.