



## **Dialectical Behavior Therapy - Parts 1 & 2**

*In collaboration with the Michael Harris Foundation*

**Speakers:** Michele Berk, PhD and Stephanie Clarke, PhD

**Dates & Time:** Weds., September 9, 2020, 9am-12pm

**AND** Weds., September 16, 2020, 9am-12pm

**Location:** Virtually via Zoom

**Log In:** Register to Receive Zoom Information

**Register:** [www.chconline.org/continuing-education](http://www.chconline.org/continuing-education)

**Cost:** \$150 (does not include eventbrite processing fee of \$10.76)

*Registration fee covers both sessions*

**Note: Participants must successfully complete both courses to receive CE credit**

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### **2-Part Course Description**

This course provides an overview of Dialectical Behavior Therapy with adolescents. It is appropriate for clinicians of all levels who provide mental health services to adolescents. Topics reviewed will include: a) research on adolescent suicidal and self-harm behavior, b) research on DBT with adolescents, c) an overview of the theory underlying the DBT approach, and d) review of each component of the DBT approach and the primary techniques and interventions. This course will provide participants with a sufficient knowledge base to either (1) join an existing adolescent DBT treatment teams in their clinics or begin planning the implementation of an adolescent DBT program in their clinic, and/or (2) interact effectively with such treatment teams when working with adolescents enrolled in a DBT program.

### **Goals & Objectives**

1. Discuss the empirical support for use of DBT with adolescents
2. Describe the components of an adherent DBT program for adolescents
3. Describe the basic structure and functions of DBT for adolescents
4. Understand the primary interventions used in DBT (such as validation, mindfulness, dialectics, skills-building, behavioral analysis)

### **About the Speakers**

**Dr. Michele S. Berk** is a Licensed Clinical Psychologist and Assistant Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, Department of Child and Adolescent Psychiatry. Dr. Berk is an expert on the treatment of suicidal adolescents. She joined the faculty at Stanford in September, 2015. Prior to that, she was Associate Clinical Professor at the David Geffen School of Medicine at UCLA. She is the Director of the Adolescent Dialectical Behavior Therapy (DBT) program at Stanford. She was one of the Principal Investigators of a NIMH-funded, multi-site, clinical trial of DBT with adolescents called the "Collaborative Adolescent Research on Emotions and Suicide (CARES) Study." Results of this study were published in the Journal of the American Medical Association (JAMA) Psychiatry, in 2018. She has multiple publications on the treatment of individuals who have attempted suicide and has given numerous national and local presentations on this topic. She has also trained numerous trainees in psychology, psychiatry and social work in suicide risk assessment, suicide risk management and evidence-based treatment approaches for suicidal youth.

**Dr. Stephanie Clarke** is a Licensed Clinical Psychologist and Clinical Instructor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. She is currently one of the licensed clinicians in the RISE comprehensive DBT intensive outpatient program, a recent collaboration between CHC and Stanford. She completed her post-doctoral fellowship with Dr. Michele Berk at Stanford and specializes in suicide risk assessment, suicide risk management and DBT.

### **Approved for 6 hours of continuing education credit upon completion of Parts 1 & 2 for:**

- Psychologists: CHC is approved by APA to provide continuing education. CHC maintains responsibility for this program and its contents.
- For LCSWs and LMFTs: Effective 7/1/17, the BBS no longer has its own approved providers. Rather, the BBS will recognize CE classes offered by organizations approved by a few agencies, including APA. CHC is an APA approved sponsor.
- SLPs as required by the Speech-Language Pathology, Audiology & Hearing Aid Dispensers Board (PDP 350).

### **Register online at [www.chconline.org/continuing-education](http://www.chconline.org/continuing-education)**

**DEADLINE FOR REGISTRATION: THURSDAY, SEPT. 3, 2020 @ 5:00 PM.** For questions, please call 650.617.3853. For reasons of confidentiality, this course is open to professionals only.