



Skills in Dialectical Behavior Therapy - Parts 1 & 2

In collaboration with the Michael Harris Foundation

Speakers: Stephanie Clarke, PhD and Anaid Atasuntseva, PhD

Dates & Time: Weds., January 6, 2021, 9am-12pm AND Weds., January 13, 2021, 9am-12pm

Location: Virtually via Zoom

Log In: Register to Receive Zoom Information

Register: 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 all of the Dialectical Behavior Therapy (DBT) skills taught in an adolescent standard/comprehensive DBT multifamily skills group (MFSG), which includes teen DBT clients and their caregiver(s)/parent(s). It is appropriate for clinicians at all levels who provide mental health services to adolescents. Topics will include a) how to lead MFSG in an adherent way, b) in-depth teaching of all standard DBT skills, c) ideas, metaphors, and activities to use to teach all skills in multifamily skills group, d) how to lead and debrief mindfulness exercises in DBT, e) how to debrief and provide feedback on homework, f) and how to use the singing bowl to ask participants to rephrase judgmental language. Participants will benefit from reading Linehan's skills training manual as well as Linehan's book of handouts and worksheets; however, there will be no assumption of prior DBT skills knowledge.

Goals & Objectives

1. Describe how to run a multifamily DBT skills group adherently
2. Understand the agenda used in DBT MFSG and how to lead each component
3. Learn all DBT skills in didactic and experiential ways
4. Learn how to teach DBT skills effectively to teens and parents

About the Speakers

Dr. Stephanie Clarke is a Licensed Clinical Psychologist and Clinical Instructor of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. Dr. Clarke is an expert in the treatment of suicidal and self-harming behavior in adolescents, with additional expertise in evidence-based treatment of trauma and eating disorders in adolescents. She is intensively trained in Dialectical Behavior Therapy (DBT), currently the only well-established treatment for self-harming adolescents at high risk for suicide. Dr. Clarke is an Attending Psychologist and supervisor in Stanford's Adolescent DBT Program. She is also the Stanford Psychologist in the DBT Intensive Outpatient Program, RISE, a collaboration between Stanford and Children's Health Council, where she is in charge of training and supervision of psychology trainees. Dr. Clarke has given numerous talks, trainings, and lectures and has co-authored several publications on the topics of adolescent suicide, self-harming behavior, and DBT. Dr. Clarke is currently funded by a grant from the Department of Psychiatry and Behavioral Sciences and the Maternal and Child Health Research Institute to study the safety and feasibility of providing exposure-based trauma treatment to suicidal teens in stage I DBT. In 2020, Dr. Clarke was the recipient of the Department of Psychiatry and Behavioral Science's Clinical Innovation and Service Award. Dr. Clarke was also awarded funding from the Professional Leadership Development Awards Program for the 20-21 academic year, which supports the career development of department faculty who exhibit particular promise in advancing into leadership roles in academic medicine.

Anaid A. Atasuntseva, PhD graduated from Palo Alto University and completed her doctoral internship at the Multicultural Training Program at University of California San Francisco (UCSF)/ Zuckerberg San Francisco General Hospital (ZSFG). She is currently a postdoctoral fellow with the Adolescent DBT program at Stanford University School of Medicine. Her clinical specialties include working with children and adolescents with severe emotion dysregulation and anxiety. Her research interests focus on identifying barriers to accessing care and disseminating evidence-based treatments with diverse and marginalized populations

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

DEADLINE FOR REGISTRATION: MONDAY, JANUARY 4, 2021 @ 12:00 PM. For questions, please call 650.617.3853. For reasons of confidentiality, this course is open to professionals only.

