
Rockland County

# The Behavioral Health Training Institute of Rockland County

Third Tuesday of Every Month
11:30 AM to 12:30 PM
1 Free CE Per Session / Virtual Webex

## With: Johanna Wekar,LCSW- R, LISW

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| **20 JAN** | **Introduction to DBT & The Biosocial Theory**<br>• Explore the foundations of DBT and understand the biosocial theory<br>• Objectives: • Identify modes of treatment and their functions • Describe and explain the biosocial theory |
| **17 FEB** | **Individual Therapy – Targeting Behaviors**<br>• Learn what behaviors to target in Stage 1 DBT treatment<br>• Objectives: • Describe areas of difficulty • Name 4 DBT skills modules to address difficulties |
| **17 MAR** | **Diary Cards & Behavioral Chain Analysis**<br>• Learn how to conduct a behavioral chain analysis<br>• Objectives: • Explain rationale for BCA in DBT • Describe how diary cards are used in sessions |
| **21 APR** | **Mindfulness Skills-Definitions**<br>• Define mindfulness in DBT and operationalize it<br>• Objectives: • Define what mindfulness is and is not • Describe and give examples for each state of mind |
| **19 MAY** | **Mindfulness Skills-What & How Skills**<br>• Identify and practice the What & How Skills in DBT<br>• Objectives: • Describe each What Skill • Describe each How Skill |
| **16 JUN** | **Distress Tolerance Skills – Crisis Skills**<br>• Learn how to avoid making a bad moment worse<br>• Objectives: • Identify at least 2 distress tolerance strategies • Explain how TIPP works |

FOR MORE DETAILS www.bookeo.com/rocklandtraining


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# Continuing Education

The Behavioral Health Training Institute is an approved provider of continuing education by the New York State Education Department (NYSED) for licensed psychologists, social workers, mental health counselors, and marriage and family therapists. Participants will receive one continuing education hour per workshop.

## 21 JUL

### Distress Tolerance Skills – Reality Acceptance Skills

- Skills to reduce emotional suffering
- Objectives: • Name 2 reality acceptance skills • Explain how radical acceptance reduces suffering

## 18 AUG

### Emotion Regulation Skills

- Learn how to describe emotions and where to intervene
- Objectives: • Name 2 emotions and associated urges • Identify 2 areas where emotions can be changed using skills

## 15 SEP

### Emotion Regulation – Check the Facts, Opposite Action & Problem Solving

- Learn when emotions fit or don't fit the facts
- Objectives: • Learn when emotions are justified • Help clients use opposite action

## 20 OCT

### Interpersonal Effectiveness – Clarifying Goals (DEARMAN, GIVE, FAST)

- Identify goals for interpersonal effectiveness and strategies to achieve them
- Objectives: • Identify the 3 goals of IE • Label each part of DEARMAN

## 17 NOV

### Interpersonal Effectiveness – Walking the Middle Path

- Learn dialectical thinking and behaviorism principles
- Objectives: • Identify a dialectical statement • Apply positive reinforcement principles

## 15 DEC

### Integration & Skill Application

- Review and integrate DBT skills into daily life
- Objectives: • Create a personalized DBT toolkit • Develop strategies to sustain skill practice

FOR MORE DETAILS WWW.BOOKEO.COM/ROCKLANDTRAINING