

# DIALECTICAL BEHAVIOR THERAPY (DBT) *CLINICIAN Training*

**June 15 & 16, 2015 • 8:30am - 4pm**

**Westside Regional Center—3rd Floor Board Room  
5901 Green Valley Circle, Los Angeles, CA 90230**

## About the Event

Westside Regional Center is organizing a series of training events on evidence-based practices approved by the Los Angeles County Department of Mental Health for Prevention and Early Intervention (PEI) services. Staff attending the training with the intention of claiming client services to Los Angeles County MHSA PEI Programs, must ensure that clients meet the PEI target population guidelines.

DBT is a cognitive behavioral treatment developed to treat chronically suicidal individuals diagnosed with borderline personality disorder and it is now recognized as the gold standard psychological treatment for this population. In addition, research has shown that DBT is effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder, and eating disorders.

## Participants Will:

- ◆ Explain the model of emotion, dysregulation and the bio-social theory.
- ◆ Conceptualize suicidal ideation, self-harm, and other problem behaviors from the bio-social model using behavioral therapy.
- ◆ Utilize principles of DBT in therapy sessions including a dialectical stance and a nonjudgmental, validating approach towards the client.

**Cost: FREE!!!**

**To register, go to:**

**<https://d-b-t.eventbrite.com>**

**If you have any questions, contact  
Lindsay du Plessis at  
[lindsayd@westsiderc.org](mailto:lindsayd@westsiderc.org) or  
310-258-4204**

**Space is limited! Register today!  
Continuing Education Credits Offered!**

**MUST also attend the Nuts and Bolts Training  
on July 10, 2015 to receive CE credits.  
No partial CE credits will be given.**



CBT California is approved by the American Psychological Association to sponsor continuing education for psychologists, licensed MFTs, LCSWs, and LPCCs. CBT California maintains responsibility for this program and its content.



**Julie Orris, Psy.D.** is the Clinical Director of CBT California, Orange County, where she provides training, supervision, and clinical services. Dr. Orris has been treating patients for over 15 years and specializes in the treatment of adolescents and adults with Borderline Personality Disorder, eating disorders, and trauma.



**Julie Snyder, Psy.D.** is the Clinical Director of CBT California, where she provides CBT, DBT, ACT, and CBASP to clients with chronic mental illness. Dr. Snyder also serves as voluntary clinical faculty at the CBT Clinic at the UCLA Semel Institute and as adjunct faculty at Harbor-UCLA Medical Center.

**This training event is funded by the Mental Health Services Act (MHSA) in partnership with  
the Department of Developmental Services.**