

Dialectical Behavior Therapy for Special Populations: Enhancing Treatment Approaches for Individuals with Developmental Disabilities and Mental Health Needs

Training for Behavioral /Mental Health Providers

July 26, 2016 • 8:30am - 5pm & July 27, 2016 • 8:30-noon
Westside Regional Center—3rd Floor Board Room
5901 Green Valley Circle, Los Angeles, CA 90230

About the Event

Dialectical Behavior Therapy for Special Populations (DBT-SP) is an adapted treatment approach designed to assist clinicians and care providers working with individuals with developmental disabilities and mental health conditions. The treatment approach addresses inability to tolerate distress, emotional instability and dysregulation, and interpersonal difficulties.

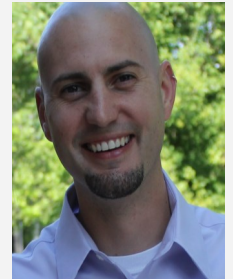
This training will provide an overview of the treatment model, important approaches to individual and group therapy, and skills useful for providers to increase tolerance to distress, emotional regulation, and relationship skills among their clients.

Participants Will:

- ◆ Become familiar with core terms and principles of DBT-SP.
- ◆ Learn characteristics of dysregulation and ways of supporting clients in using distress tolerance, emotion regulation, and relationship skills.
- ◆ Become familiar with group dynamics and increase group skills.
- ◆ Become skillful at leading therapeutic groups for individuals with developmental disabilities and behavioral health needs.
- ◆ Learn the importance of a unified team approach and generalization of DBT-SP skills and become skillful at facilitating the above.
- ◆ Learn warning signs of clinician burnout and strategies to enhance clinician efficacy.

Presenter

Eric Dykstra is a clinical psychologist with Developmental Enhancement Behavioral Health Services. Dr. Dykstra provides comprehensive assessment and treatment services, including neurodevelopmental and psychological evaluations, specialized individual and group therapies, and treatment for families and siblings of those affected by neurodevelopmental concerns.



Dr. Dykstra is involved in adapting therapeutic approaches, including Dialectical Behavioral Therapy and Trauma-Focused Cognitive Behavioral Therapy, for individuals with different cognitive abilities, learning styles, and a range of emotional and behavioral concerns.

Dr. Dykstra provides consultation and training in treatment approaches for those with mental health and neurodevelopmental concerns.

To register, go to: <http://dbt-for-special-populations.eventbrite.com>

Please address any questions to Lindsay du Plessis at lindsayd@westsiderc.org or 310-258-4204.

Continuing Education:

Psychologists - APA: CIBHS is approved by the American Psychological Association to sponsor continuing education for psychologists. CIBHS maintains responsibility for this program and its content.



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