



Creating Opportunities • Changing Lives

Location:

9015 Murray Ave. Suite 100
Gilroy, CA 95020
408.842.7138
www.communitysolutions.org

Dialectical Behavioral Therapy (DBT)

October 10, 2019
9:00 am to 5:00 pm
Community Room

Course Description: Dialectical behavior therapy (DBT) is a Core Care Model at Community Solutions. DBT is an approach that combines strategies like mindfulness, acceptance, and emotion regulation. The main goals are to teach people how to live in the moment, cope with stress in healthy ways, identify emotions, manage distressing emotions, and improve relationships with others. DBT has been shown to be helpful with teens and adults with trauma, self-harm, high risk behaviors, and substance abuse. Training will include lecture, demonstrations, role plays, and coping skill activities to illustrate the principles and strategies of DBT.

Learning Objectives: To develop knowledge of DBT concepts and feel prepared to implement them into treatment with clients. Identify common symptoms or behaviors that are shown to be helped by DBT. Acquire language to include DBT interventions in treatment planning and documentation.

About the Trainer:

Lisa Colliss is a Licensed Clinical Social Worker and the Clinical Supervision & Training Manager at Community Solutions. Lisa has clinical and training experience in a variety of evidence-based practices and trauma-informed care, including TF-CBT, Seeking Safety, Mindfulness, and the use of movement and yoga in trauma work. She has served as a clinician in large community-based organizations, an inpatient psychiatric hospital and in private practice with experience providing individual and group therapy to clients of all ages.

CONTINUING EDUCATION

This course is approved for **6.5 hours of continuing education units for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California B.B.S. under CEPA Provider #129412**



Community Solutions

Pre-registration is required.

To attend, please email your name and contact info to :

Training@communitysolutions.org

Please contact our Training Division if you need accommodations to ensure a comfortable learning experience to 408-846-4791