



You are invited to a Dialectical Behavior Therapy Training  
Friday, April 8, 2016 from 8 a.m. to 4 p.m.

Lindner Center of HOPE Gymnasium/Conference Center  
4075 Old Western Row Road  
Mason, Ohio 45040

*Title*

***Dialectical Behavior Therapy: In-Depth Training on the Four Basic Modules***

*Speakers*

Robin Arthur, PsyD, Chief of Psychology  
Jennifer Bellman, PsyD  
Brett Dowdy, PsyD  
Ms. Karen Byerly-Lamm, M.A., Psychology Intern  
Ms. Shannon Jensen, LISW-S  
Sherry Knapp-Brown, PhD  
Ms. Paget McCarthy, M.A., Psychology Intern  
Ms. Michelle Minette, M.A., Psychology Intern

*Objectives*

Upon completion of this course the participants should be able to:

1. Explain overview of the development of Dialectical Behavior Therapy (DBT).
2. Discuss the bio-psycho-social model for using DBT and how DBT differs from other modalities of treatment.
3. Describe the four core components of DBT treatment: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.
4. Tell how DBT services are being offered at Lindner Center of Hope (LCOH) and how they can partner with LCOH.

*Description:*

This workshop is designed for participants to develop a deeper knowledge of Dialectical Behavior Therapy (DBT) and its four modules. This training will be experiential and tutorial, consisting of practice and discussion of the key components of DBT, as well as case presentations to demonstrate practical use.

**Registration:**

Registration includes: All sessions, up to 6 Continuing Education Credits, copies of presentations and support materials, continental breakfast, lunch and refreshment breaks.

Conference registration fee: \$60. **Please register by: Friday, March 25, 2016.**

Contact: Pricila Gran to register at 513-536-0318 or [pricila.gran@lindnercenter.org](mailto:pricila.gran@lindnercenter.org).

## 6 Credits Training

### ACCREDITATION STATEMENT

This live activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the University of Cincinnati and the Lindner Center of HOPE. The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians. The University of Cincinnati designates this live educational activity for a maximum of 6 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

The Ohio Psychological Association under approval number P099-311067501 (2010-2012) approves the University of Cincinnati College of Medicine Department of Psychiatry for 6 mandatory continuing education credits for Ohio Licensed Psychologists.

Lindner Center of HOPE has been approved by the State of Ohio Counselor, Social Work, Marriage and Family Therapist Board as an APPROVED PROVIDER (#RSX090801) for social work continuing education units and as an APPROVED PROVIDER (#RCX071001) for counselor continuing education units. This program has been approved for 6 clock hours of CEU.

### DISCLAIMER

The opinions expressed during the educational activity are those of the faculty and do not necessarily represent the views of the University of Cincinnati. The information is presented for the purpose of advancing the attendees' professional development.

Lindner Center of HOPE is affiliated with the University of Cincinnati, College of Medicine.



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