

# Impulsive and Self-Harming Adolescents: A Dialectical Behavioral Therapy Approach

Friday, April 16, 2010 (Registration Deadline: Wednesday, April 7, 2010)

## PRESENTER

**Laurie Brodeur, PsyD.**, is currently working as a Psychologist in northern New Hampshire for a public school and also has a private practice. She has 20 years' experience working as a clinician, supervisor and administrator of an agency that provided community mental health, substance abuse, and developmental services. Dr. Brodeur received intensive DBT training with Dr. Marsha Linehan more than 15 years ago. Dr. Brodeur was part of the treatment team implementing DBT in New Hampshire, was a member of the statewide DBT Consultation Team, and consultant and trainer in DBT program development and implementation throughout New Hampshire. Dr. Brodeur trains nationally is an engaging presenter with a knack for transforming complex information into practical, hands-on material.

## OVERVIEW

**Dialectical Behavior Therapy (DBT)**, developed by Dr. Marsha Linehan, is a cognitive-behavioral treatment program for persons with symptoms of borderline personality disorder. It is a structured program focused upon building skills to manage intense emotions, interpersonal relationships, and impulsivity using specific targets and strategies. DBT has been adapted to work with other populations/settings including adolescents and their families, inpatient treatment, and persons with eating disorders. This workshop will briefly review the treatment structure and foundation of DBT, with particular emphasis on the use of DBT-A, a DBT application used with adolescents who engage in impulsive and self-harming behavior, and their families. The focus of this workshop will be on "skills teaching" to the adolescent population. The discussion will also include management of "difficult therapy interfering behavior" and skills group challenges. The presenter will model various ways to say "difficult things" in a DBT frame. Workshop format includes lecture, discussion, and case examples.

## OBJECTIVES

At the conclusion of the workshop, you will be able to:

- **Explain** the basic theoretical underpinnings of DBT.
- **Describe** the basic structure of a DBT program and its application to the adolescent population.
- **Employ** the skills taught in DBT-A.
- **Examine** the specific dialectical dilemmas which impact the treatment of adolescents.
- **Improve** effectiveness in addressing difficult therapy interfering behavior.
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## WHO SHOULD ATTEND

This is an intermediate level workshop geared toward individuals who have some exposure to DBT. While some brief overview will be covered, the workshop will focus upon the application of the model. Some experience with Cognitive-Behavioral treatments would be beneficial.

## SCHEDULE

**8 - 8:30 a.m. (EST)**

- Registration, Continental Breakfast

**8:30-10 a.m.**

- Introduction: Theoretical Underpinnings and Structure of DBT Program

**10-10:15 a.m.**

- Break

**10:15-12 noon**

- Treatment Targets, Core Mindfulness Skills

**12:00 noon-1:15 p.m.** Lunch (on your own)

**1:15-2:15 p.m.**

- Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness Skills

**2:15-2:30 p.m.**

- Break

**2:30-3:30 p.m.**

- Skills Continued, Q & A

## QUESTIONS AND/OR AUXILIARY AIDS

**To register:** contact Fran Howard, Workshop Registrar at (260) 482-9125, ext. 2019

**For workshop questions:** contact Gin Moore at (260) 482-9125, ext. 2188

**Fax:** (260) 481-2717 **TDD:** (260) 481-2730

**E-Mail address:** FHOWARD@PARKCENTER.ORG

**WORKSHOP LOCATION:** Grand Wayne Center, 120 W. Jefferson, Ft. Wayne, IN.

### UPCOMING SPRING WORKSHOPS:

- Friday, May 14, 2010 **Transforming Challenging Clinical Gremlins: Reaching the People Behind the Diagnosis**  
Featuring: **Shawn Christopher Shea, M.D.**
- Friday, June 11, 2010 **Caught in the Net: Assessment & Treatment of Internet Addictions**  
Featuring: **Kimberly Young Ph. D.**

## SPONSOR

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[www.parkcenter.org/workshop.htm](http://www.parkcenter.org/workshop.htm)



# *Impulsive and Self-Harming Adolescents: A Dialectical Behavioral Therapy Approach*

**FEATURING: LAURIE BRODEUR, PSY. D.**

**DATE: FRIDAY, APRIL 16, 2010**

CONTINUING EDUCATION GENERAL INFORMATION

**REGISTRATION FEE:** \$110.00 / \$90.00 per person for four or more registrations submitted together from the same organization for any of The workshops listed in the Spring 2010 Park Center Professional Training Series workshops. Continental breakfast, break refreshments, and training materials are all included. Lunch on your own.

**CANCELLATION:** Up to 5 days prior, \$10.00 administrative fee, less than 5 days, non-refundable.

**CONFIRMATION:** A confirmation letter will be sent to registrants. Out-of-town registrants will also receive a travel map.

**LOCATION:** Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100

**LODGING:** The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. *If you need assistance with obtaining room reservations, please call Fran Howard at toll free (866) 481-2700, ext. 2019.*

**PARKING:** Parking is available for a fee within a two-block radius of the workshop location.

**FACILITY ACCESSIBILITY:** The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Fran Howard, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

**QUESTIONS OR CONCERNS:** Contact Gin Moore at (260) 482-9125, ext. 2188.

**WORKSHOP ROOMS ARE TRADITIONALLY COOL, PLEASE DRESS APPROPRIATELY.**

<b>American Psychological Association</b>	↔	Park Center is approved by the <b>American Psychological Association</b> to sponsor continuing education for psychologists. Park Center maintains responsibility for the program and its content. Credits: 5.25 Hours.
<b>Association of Social Work Boards</b>	↔	Approved sponsor of continuing education programs. Credits: 5.25 Hours.
<b>Indiana Behavioral Health Board</b>	↔	Approved provider of Category I continuing education for LSW, LCSW, LMFT, LMHC, LMFTA, LCAC and LAC. However, licensees must judge the program's relevance to their professional needs. Credits: 5.25 Hours.
<b>Indiana State Psychology Board</b>	↔	Approved sponsor of continuing education programs for psychologists. Credits: 5.50 Hours.
<b>Law Enforcement Training Board</b>	↔	Approved provider for training of Indiana law enforcement officer and support personnel. Credits: 5.25 Hours.
<b>National Board for Certified Counselors</b>	↔	Approved provider of continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Credits: 5.25 Hours.
<b>National Association of Alcoholism and Drug Abuse Counselors</b>	↔	Approved NAADAC education provider. Credits: 5.25 Hours.
<b>Ohio Counselor and Social Work Board</b>	↔	Approved sponsor of continuing education programs. Credits: 5.25 Hours.

**Note: Continuing education and attendance certificates will be provided to those participants who complete the entire workshop.**



**IMPULSIVE AND SELF-HARMING ADOLESCENTS: A DIALECTICAL BEHAVIORAL THERAPY APPROACH**

*(Registration Deadline: Wednesday, April 7, 2010)*

Name: \_\_\_\_\_  
 Degree: \_\_\_\_\_  
 Organization: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_

**METHOD OF PAYMENT:**

Check enclosed (payable to Park Center, Inc.)  
 Amount Enclosed \$ \_\_\_\_\_  
 Charge my:  MasterCard  VISA  Discover  
 Mastercard/VISA Debit  American Express  
 Card Number: \_\_\_\_\_  
 Exp. Date: \_\_\_\_\_  
 Cardholder Name (print): \_\_\_\_\_  
 Signature: \_\_\_\_\_

**INDICATE CONTINUING EDUCATION CREDIT REQUESTED**

- APA  ASWB  LCSW  LMFT/LMFTA  LMHC  LSW  
 LAC/LCAC  ISPB/HSSP  ILETB  NBCC  NAADAC  Ohio CSWB

**MAIL CHECK & REGISTRATION FORM TO:**  
 Fran Howard, Workshop Registrar, Park Center, Inc.,  
 909 E. State Blvd., Ft. Wayne, Indiana 46805

REGISTRATION FORM