



**Bergen County Executive
James J. Tedesco III
and the
Board of County Commissioners
with the
Bergen County Department of Health
Bergen County Department of Human Services
Human Services Institute**

Professional Development Seminars

“Dialectical Behavior Therapy” (DBT)

Date: March 6, 2024

Course time: 9:30AM – 4:30PM

Place: Two Bergen County Plaza
Conference Room
Hackensack, NJ

About the Course: Dialectical Behavior Therapy (DBT) is an evidenced based treatment which has shown its effectiveness with treating emotion dysregulation, substance use and related self-harm behaviors. DBT has been adapted for different populations across different settings. This seminar will provide an overview of DBT skills and core concepts such as biosocial theory of emotion dysregulation, dialectics, dialectical abstinence, and major DBT skills (mindfulness, emotion regulation, distress tolerance, interpersonal effectiveness skills) that can be incorporated into clinical work.

About the Instructor: Nathalie Edmond, PsyD, RYT-500 is a licensed clinical psychologist, experienced yoga teacher and JEDI practitioner who takes an integrative perspective to her consultations and trainings. She believes that transformation happens when we integrate mind-body-spirit and have an embodied dialogue. She is trained in mindfulness, multiculturalism and intersectional feminism and takes a trauma informed approach to her work. She believes that anti-oppression work begins within oneself and includes addressing all oppressed groups and identities as we work towards liberation of all beings. She grounds herself in the idea that racial justice is a spiritual practice. She regularly leads anti-racism, trauma informed and diversity trainings. She is currently the director of the counseling center at Villanova University and teaches graduate courses such as Multiculturalism and Feminism at Holy Family University.

Who Should Attend:

This intermediate level workshop is for social workers and mental health care professionals who want to learn Dialectic Behavior Therapy (DBT) and incorporate these treatments into their social work or mental health practice.

Course Objectives:

- Define major components of DBT related to biosocial theory and dialectics.
- Describe skills related to distress tolerance and emotion regulation.
- Identify adaptations of DBT for substance use in terms of dialectical abstinence and Clear Mind skill.

- Identify different types of mindfulness and how it helps with emotion regulation, compassion, and urge surfing.

Course Outline:

6 Hr. Instructional Workshop

9:30-10:30 Introductions and Mindful exercises: define DBT and the research supporting its effectiveness.

10:30-11:30 Identify 5 components of DBT, review balance of acceptance and change skills, Review structure of DBT skills and basic principles.

11:30-11:40 Break

11:40-12:40 Overview of Mindfulness as a foundation of DBT. Experiential exercises related to acceptance and observance and urge surfing.

12:40-1:10 Lunch

1:10-2:10 Educate techniques involved in emotion regulation skills. Discuss its application with various clinical examples

2:10-3:10 Overview of interpersonal effectiveness skills. Adaptations of DBT as therapy for substance abuse.

3:10-3:20 Break

3:20-4:20 Review of Dialectic abstinence using validation strategies and problem-solving skills.

4:20-4:30 Q and A

Delivery Method: The course will be delivered In-Person.

Dialectical Behavior Therapy (DBT), Course #5387, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Bergen County Department of Human Services, Human Services Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 11/27/2023 - 11/27/2025. Social workers completing this course receive 6 clinical continuing education credits.

To receive a certificate (for CEs):

Evaluations will be emailed within 48 hours of completion of the workshop. A Certificate of Completion will be provided after the course to attendees that attend the entire course and return the evaluation.

The cost is \$45.00 per person. No fee for County employees. Refunds are not available.

You may pay online at:

This event is SOLD OUT

Follow drop down menu to:

Planning-Human Services Institute Registration Fee

Make check payable to:

County of Bergen

Mail to:

Department of Human Services

One Bergen County Plaza, 2nd Floor

Hackensack, NJ 07601

To register for the workshop

Call: 201 336-7425

Or email: tcannon@co.bergen.nj.us