



Northeast Michigan Community Mental Health Authority

Presents:

An Introduction to Dialectical Behavior Therapy (DBT)

COURSE DESCRIPTION: Designed as a beginner and intermediate level course, this training is for those who are newer to DBT or who might be looking for refresher training in DBT. Perfect for direct care staff, therapists, case managers, administrators, and medication managers, the training will focus on the theoretical underpinnings of the treatment and will provide an overview of the Modes of DBT (individual therapy, skills training, telephone consultation, and consultation team). This training is a mandatory and prerequisite to attending the 5-Day Core DBT Training.

Participants can expect to learn concepts of DBT to be delivered in an easy to understand lecture, engage in role-plays, hear numerous case examples, and listen to real life client sessions to demonstrate specific techniques of DBT. Participants who enroll in this training are asked to make a full commitment to participate in a willing manner, in order to maximize their learning and the learning of others.

DATE: Friday, September 3, 2021

LOCATION: Alpena Community College – Granum Theatre
665 Johnson Street
Alpena, Michigan 49707

TARGET AUDIENCE: This 6 social work continuing education credit workshop was developed for Social Workers, Counselors, and Psychologists.

COURSE INSTRUCTOR: Josh Smith, MSW, LMSW

DBT-Linehan Board of Certification, Certified Clinician

Founder and CEO of the DBT Institute of Michigan

Biography: Josh Smith, MSW, LMSW, is a Licensed Clinical Social Worker in the State of Michigan, as well as a DBT – Linehan Board of Certification, Certified Clinician™, as well as the CEO and Founder of the DBT Institute of Michigan, PLLC. Upon finishing his Master’s Degree in Social Work in 2002, Josh became an outpatient therapist for Pines Behavioral Health in Coldwater, Michigan. After leaving Pines, Josh went on to lead numerous DBT program development trainings in all levels of care (inpatient, partial/day programs, outpatient, residential, and forensic) for adolescents and adults. From 2005 – 2012, he was a trainer in DBT for PESI, LLC. During this time, he gave over 300 lectures on DBT all over the United States.

Josh is a Clinical Instructor in the School of Social Work and the Department of Psychiatry at Michigan State University, where he teaches DBT to MSW students, as well as psychiatry residents. He currently provides supervision to a number of clinicians in DBT from across the country in a variety of settings. Josh obtained his undergraduate and graduate degrees from Michigan State University and received his 10 – Day Intensive DBT Training by Behavioral Tech in 2004. From 2012 – 2014, he received DBT supervision from international DBT expert and author, Linda Dimeff, PhD. He is currently only one of ten people in Michigan to obtain Certification in DBT by the Linehan Board of Certifiers.

LEARNING OBJECTIVES:

1. Identify who comprehensive DBT is evidenced-based to treat.
2. Explain the Biosocial Theory of Borderline Personality Disorder.
3. Explain what it means to be “dialectical.”
4. Identify at least three assumptions about clients and providers in DBT.
5. Identify the four Modes and Functions of DBT.
6. Explain the difference between DBT and “DBT-Informed” Treatment.
7. Identify the four DBT Skills Training Modules taught in DBT Skills Training.

REGISTRATION & INFORMATION

COURSE OUTLINE:

8:00 a.m. – 8:30 a.m.	Coffee and Check-In [Course will begin promptly at 8:30 a.m.]
8:30 a.m. – 9:00 a.m.	Welcome and Mindfulness
9:00 a.m. – 10:30 a.m.	History of DBT; Current Research on DBT; Borderline Personality Disorder Defined
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 11:15 a.m.	Biosocial Theory of BPD and Dialectics
11:15 a.m. – 12:00 p.m.	DBT Assumptions
12:00 p.m. – 1:00 p.m.	Lunch (Provided)
1:00 p.m. – 2:30 p.m.	Modes and Functions of DBT
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:30 p.m.	Modes and Functions of DBT, cont.
3:30 p.m. – 4:00 p.m.	Review and Q&A
4:00 p.m.	Adjourn

FEES AND REGISTRATION: There is no cost for NeMCMHA staff to attend this event and receive their certificate. Coffee and lunch will be provided.

Register by Calling Genny Domke at (989) 358-7842 if you have questions, require more information, or need special accommodations.

Space is limited. Registration closes on Thursday, August 26 at 3 p.m.

Cancellation notice is appreciated.

COURSE COMPLETION AND CONTINUING EDUCATION INFO:

To earn CE credit, social workers must attend the entire course and complete an evaluation. **Certificates of completion will be distributed at the conclusion of the course pending submission of completed course evaluation.**

Northeast Michigan Community Mental Health Authority (NeMCMHA), Provider #1767 is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continue Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. NeMCMHA maintains responsibility for this course. ACE provider approval period: 05/19/2021 – 05/21/2022. Social workers completing this course receive 6 social work continuing education credits.

For more information about NeMCMHA services and training opportunities, please visit: nemcmh.org.

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