

## **Adapting Dialectical Behavioral Therapy for Adolescents and Their Families**

### **Program Description**

In the past fifteen years, suicide has risen to the second leading cause of death for 15-19 year olds in the United States. Clinicians who work with adolescents who are at high risk for life-threatening behaviors are faced with the challenge of managing multiple problems including disordered eating, substance abuse, high-risk sexual behaviors, as well as suicidal and self-injurious behaviors. Although Dialectical Behavioral Therapy (DBT) was originally developed for adults, there is an abundance of research that demonstrates the effectiveness of DBT in treating the complex challenges of adolescents (referred to as DBT-A). This program will review the adaptations made to DBT to address the needs of adolescents and their families. The training will provide a focus on engaging teens and their caregivers, providing skills training and coaching to adolescents and their caregivers, secondary targets and dialectical dilemmas unique to adolescents, and the management of and multi-family skills groups. A combination of lecture, experiential exercises, and role-plays will be included in this program.

### **Learning Objectives**

Upon completion of this program, participants will be able to:

- Identify at least two dialectical dilemmas for an adolescent and parent;
- Explain the Modes and Functions of DBT-A;
- Name the five DBT Skills Training Modules taught in DBT Skills Training;
- Outline the roles parents have in DBT-A.

### **Target Audience**

Mental health professionals or any other human service professional interested in this topic. This program is designed for those who have knowledge of standard DBT.

### **Program Agenda**

9:00 AM – Introduction, agenda review, and mindfulness

9:15 AM – Overview: Adolescents with Multiple Problems and current research

10:00 AM – Adaptions for adolescents, and including the family in treatment

10:30 AM – Break

10:45 AM – Behavioral Targets

12:00 Noon – Lunch

1:00 PM – Individual Sessions

2:30 PM – BREAK

2:45 PM – Adolescent skills training and multi-family groups

4:15 PM – Q & A and mindfulness

4:30 PM – Adjourn

**Contact Hours**

6.0 hours

**Faculty**

Becca is currently a psychotherapist with the Triangle Area Psychology (TAP) Clinic, where she provides individual, family and group therapy for adolescents and adults. She has extensive training and is a certified Dialectical Behavior Therapy (DBT) clinician through the Linehan Board. Prior to joining TAP, Becca worked in community mental health for 10 years providing direct care, as well as clinician training and program development. Becca has expertise in provided evidenced-based trauma treatment through Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT). She has additional certification in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Additionally, Becca provides support parenting support through TAP's Behavioral Parent Training program.