

Balancing Change and Acceptance: Use of Dialectical Behavioral Strategies in Work with Families

Program Description

Adolescence is often a tumultuous time due to puberty, hormones, and brain changes. For some teenagers, this can be compounded by a history of trauma or family conflict, a biological sensitive to emotions, or other mental health conditions such as depression and anxiety. At times these lead to problem behaviors such as school avoidance, and impulsive and high risk behaviors. Helping professionals and caregivers can feel helpless in the face of such challenges. This program will review strategies from Dialectical Behavioral Therapy for Adolescents (DBT-A) that focus on helping teens and their caregivers decrease problem behaviors and improve their relationships. The training will provide techniques designed to teach adolescents and their families the skills of validation and problem-solving, mindfulness, and improved communication skills. 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 the benefits of validation
- Explain how to improve problem-solving skills in families
- Name at least two mindfulness activities for adolescents

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

9:45 AM – Mindfulness

10:30 AM – Break

10:45 AM – Engagement and Commitment Strategies

11:30 AM - Identifying typical adolescent behaviors vs. Setting appropriate behavioral targets - review of parenting dialectical dilemmas

12:00 Noon – Lunch

12:45 PM – Validation

2:00 PM - Problem-solving and teaching behaviorism

2:30 PM – BREAK

2:45 PM – Problem-solving and teaching behaviorism (cont'd)

3:15 PM - Communication and Interpersonal Effectiveness skills

3:45 PM – Tips for family/group sessions

4:15 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. Becca is currently a training consultant with UNC-CH School of Social Work's AHEC Training Partnership. She has also been a field instructor with the School for eight years.