



Applying Dialectical Behavior to Mental Health Practice

Andrew Bern, PhD

Friday, October 6, 2017 9:00 a.m. to 4:30 p.m.

Seacliff Inn 7500 Old Dominion Court Aptos, Ca

Description

This workshop is designed for mental health/behavioral health practitioners to enrich their understanding of Dialectical Behavior Therapy (DBT) as well as to help them gain proficiency in applying DBT-informed interventions. A user-friendly, *Wise Mind* model will be presented, which clinicians in various settings: community mental health; substance abuse; youth work; private practice have effectively used across a spectrum of client diagnoses. Particular attention will be paid to engaging reluctant clients and to having our DBT work be trauma-informed. Methods for incorporating these practices into our individual and group work will be addressed. Ultimately, this lively, skill-based workshop will help us empower community clients to develop compassionate self-care skills, to mindfully address and work with reactive and distressing emotions, and to locate sources of resilience in challenging times. We will work, laugh and grapple together over the possibilities of applying DBT in our settings.

Learning Objectives

1. Participants will learn how to apply a dialectic approach and the four core DBT skill areas.
2. Participants will develop an understanding of how a traditional cognitive approach can be invalidating.
3. Participants will gain an enhanced capacity for assisting clients to build emotion regulation and resilience and for teaching mindfulness and radical acceptance.
4. Participants will identify the value of DBT for doing trauma-informed work.
5. Participants will gain practice proficiency by working through activities related to self-judgments.
6. Participants will appreciate the value of practitioner use-of-self principles as they relate to DBT work and mental health recovery.

Biography

Andrew Bern, PhD, LCSW, Emeritus Professor at Sacramento State University has been incorporating mindfulness-based practices and DBT in a variety of settings including schools, substance abuse, community health, youth work and private practice. He is the Clinical Supervisor at Cares Community Health and has worked at implementing the DBT model and lessons from *DBT for Wellness and Recovery: Interventions and Activities for Diverse Client Needs* (Wiley).