



Training Description

One of the most important developments in Dialectical Behavior Therapy (DBT) over the past decade is the adaptation of DBT for adolescents with multiple problems who are at high risk for suicidal and self-injurious behavior. DBT for adolescents was developed by Drs. Alec Miller, Jill Rathus, and Marsha Linehan to address the complex and unique challenges that arise during treatment with these adolescents and their families. In this training you will learn about DBT skills training with teens and their families. The trainers will provide an overview of the adaptations made to standard DBT to address the needs of adolescents and their families, including a particular focus on multi-family skills training classes and the latest DBT skills for adolescents and their caregivers. Strategies for bringing DBT principles to skills training, engaging teens and caregivers, and group management will be provided. Ample demonstrations, experiential exercises, and role plays will help illustrate workshop content.

Trainers

Jill Rathus, PhD



Jill Rathus, Ph.D., (PhD Stony Brook, BA Cornell), is Professor of Psychology at Long Island University/CW Post Campus in Brookville, New York where she directs the DBT Clinical Research Training Program. She is also Co-Founder and Co-Director of Cognitive Behavioral Associates in Great Neck, New York, where she runs the Adolescent DBT program. Dr. Rathus' has published six books and dozens of articles specializing in DBT for adolescents, adolescent suicidality, assessment, CBT, anxiety disorders, and relationship distress. She co-developed the adaptation of DBT for Adolescents, co-authored the primary texts on adolescent DBT, *DBT with Suicidal Adolescents (2007)*, and *DBT Skills Manual for Adolescents (2015)*, both Guilford Press), serves as a DBT trainer for Behavioral Tech, and teaches mental health professionals internationally.

Learning objectives:

- To gain a basic understanding of DBT*
- Describe the adaptations made to standard DBT to address the needs of adolescents and their families.
- Learn how to manage multi-family group using DBT strategies
- Learn how to teach DBT skills to teens and how to work with parents
- Become familiar with the latest updates to DBT skills for teens and parents

*Note: Participants will only receive a brief, basic overview of DBT – 10-day intensive training in the treatment is available through Behavioral Tech.

Day 1

Morning

- Overview of standard DBT
- Adaptations to standard DBT for teens and families
- Overview of research supporting DBT for adolescents
- How to set up and run multifamily skills groups
- Balancing strategies
 - bringing DBT principles into skills training to teach and engage teens and caregivers

Afternoon

- Orienting teens and caregivers to DBT skills
- Teaching parents biosocial theory
- Mindfulness skills

Day 2

Morning

- Distress Tolerance Skills
- Walking the Middle Path skills

Afternoon

- Emotion Regulation skills
- Interpersonal Effectiveness Skills