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## *2-Day Introduction to Dialectical Behavior Therapy (DBT)*

*8:30AM – 9:00AM (Registration)*

*9:00AM to 4:00PM (ADJOURN)*

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May 8-9, 2017

Treetops Resort

3962 Wilkinson Rd. Gaylord, MI 49735

OR

July 20-21, 2017

Kellogg Hotel & Conference Center, Michigan State University

219 S Harrison Rd, East Lansing, MI 48824

This 2-Day introduction to DBT training is intended for persons who serve adults through CMH, CMH Service Providers, PIHP, PIHP providers in the state of Michigan that are who are interested in learning the theoretical underpinnings of the treatment. It will explain what the key ingredients are in DBT that makes up its empirical base. A basic overview of the original DBT skills will be covered along with how to structure and format skills training groups. This training is targeted towards those who are new to DBT with limited experience and who are looking to fulfill the pre-requisite to attend more comprehensive DBT training in the future.

### **Participants will be able to:**

1. Identify what client population DBT is evidenced-based to treat
2. Explain the Biosocial Theory of Borderline Personality Disorder
3. Define what it means to be dialectical
4. Identify the 5 Modes of comprehensive DBT
5. Explain the roles of facilitators in DBT Skills Training Group
6. Identify the 4 skills training modules taught in the original DBT Skills Training Manual
7. Teach at least one skill per skills training module

### **Featuring: *Josh Smith, MSW, LMSW, DBT-Linehan Board of Certification, Certified Clinician.***

Upon Josh getting 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 both 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. From 2012-2015, he contracted with the Department of Corrections in the State of Wisconsin to help train and develop successful DBT programs within multiple adult correctional facilities. Josh is currently the trainer and consultant in DBT for various agencies across the country. 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.

The Michigan Department of Health and Human Services, through the Michigan Association of CMH Boards, has provided funding for this initiative through Federal Community Mental Health Block Grant.

**Who Should Attend?** This event is sponsored by the adult mental health block grant and is **only intended for persons who serve adults through CMH, CMH Service Providers, PIHP, PIHP providers in the state of Michigan**. This seminar contains content appropriate for medical directors, clinical directors, case workers, supports coordinators, and other practitioners at all beginning level of practice.

**Continuing Education Credits:**

The Michigan Association of Community Mental Health Boards (MACMHB), provider #1140, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. MACMHB maintains responsibility for the program. ASWB Approval Period: 10/10/2016 to 10/10/2019. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 12 Clinical Continuing Education Clock Hours. Course Delivery Method: Face-to-Face seminar.

The Michigan Association of Community Mental Health Boards is approved by the Michigan Certification Board for Addiction Professionals (MCBAP) to sponsor educational training for professional certification. MACMHB maintains the responsibility for the program and content. Substance abuse professionals participating in this training will receive 12.0 (Related) contact hours.

**Certificate Awarded:** At the conclusion of this seminar, bring your Verification and Certificate of Attendance form to the MACMHB Staff to be initialed. You will turn in the top sheet and retain the bottom sheet which serves as your certificate of participation.

**Evaluation:** There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the conference or you may contact MACMHB at 517-374-6848 or through our webpage at [www.macmhb.org](http://www.macmhb.org) for resolution.

\*National Accreditation rules indicate that if you are over 5-minutes late or depart early, you forfeit your CEUs for the entire training. Please note that this is a National rule that MACMHB must enforce or we could lose our provider status to provide CEUs in the future. This rule will be strictly followed.

**Location(s) and Overnight Accommodations:**

May 8-9, 2017 - Treetops Resort, 3962 Wilkinson Rd, Gaylord, MI 49735.

A block of rooms have been reserved. Call (989) 732-6711 and mention you are with MACMHB to receive a \$75/ + tax per night rate. Parking is free.

July 20-21, 2017 - Kellogg Hotel & Conference Center, Michigan State University

219 S Harrison Rd, East Lansing, MI 48824. A block of rooms have been reserved. Call 517-432-4000 and mention that you are with MACMHB to receive a \$75/+ tax per night rate. Parking is included in your overnight rate.

REGISTRATION

**2-Day Introduction to DBT Training  
Registration Form – Attention: Annette Pepper**

**AGENDA: 8:30AM-9AM (REGISTRATION); 9AM TRAINING; 4PM ADJOURN**

**3 Ways to Register:**

Online - [www.macmhb.org/education](http://www.macmhb.org/education)

FAX - 517-374-1053 ❖ MAIL - MACMHB, 426 S. Walnut, Lansing, MI 48933

**Credit card payments: PayPal Link will be sent  
with registration confirmation.**

**ALL CHECKS ARE TO BE MADE PAYABLE  
TO MACMHB.**

**This training is intended only for CMH, CMH Service Providers,  
PIHP, PIHP Service providers in the state of Michigan**

**WHAT CMH/PIHP DO YOU PROVIDE SERVICES FOR? \_\_\_\_\_ (REQUIRED)**

**Check date/location that you plan to attend**

May 8-9, 2017 (Treetops Resort, 3962 Wilkinson Rd. Gaylord, MI 49735)

July 20-21, 2017 (Kellogg Hotel & Conference Center, Michigan State University, 219 S Harrison Rd, East Lansing, MI 48824)

**\$89 PER PERSON (COST SHOWN INCLUDES CONTINENTAL BREAKFAST, LUNCH & CONFERENCE MATERIALS FOR BOTH DAYS)**

**PLEASE PRINT OR TYPE**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

**I am requesting CEUs for social workers.** Permanent Licensure # \_\_\_\_\_ (required)

Board/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Area Code/Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Dietary Needs:  Vegetarian  Vegan  Gluten-free  Allergic: \_\_\_\_\_

Other: \_\_\_\_\_ Physical Needs: \_\_\_\_\_

Arrangements for special needs will be honored for those written requests received 10 business days prior to the conference. Clearly state your specific needs for mobility assistance, interpreters, etc. Attempts for on-site requests will be made.

In Case Of Emergency During Conference, Contact: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Beginning in 2017, payment will be required prior to attendance. Payment methods available in advance and onsite: credit card, check or exact cash. If payment has not been received prior to the event, fees will be collected at registration the day of the event unless alternate arrangements are pre-approved by MACMHB. NOTE: Purchase orders are not considered payment. All no shows will be invoiced the full registration amount.

Cancellation Policy: Cancellations must be received in writing at least 10 business days prior to the conference for a full refund less a \$25 administrative fee. If cancellation is received less than 10 business days prior to the training, no refund will be given and the full charge will be incurred. Substitutions are permitted at any time.

Evaluation: There will be an opportunity for each participant to complete an evaluation of the course and the instructor. If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation of the conference or you may contact MACMHB at 517-374-6848 or through our website at [www.macmhb.org](http://www.macmhb.org) for resolution.

Severe Weather Policy: Trainings will take place as scheduled and we will not be able to refund training fees. In the event of severe weather, please check the [www.macmhb.org](http://www.macmhb.org) website for scheduling delays and event updates.

**BY SUBMITTING THIS REGISTRATION, I AM AGREEING TO THE TERMS AND CONDITIONS TO MACMHB'S ABOVE POLICIES.**

The Michigan Department of Health and Human Services, through the Michigan Association of CMH Boards, has provided funding for this initiative through Federal Community Mental Health Block Grant.