



UNC
SCHOOL OF SOCIAL WORK

CLINICAL LECTURE INSTITUTE

DIALECTICAL BEHAVIORAL THERAPY (DBT)

is an evidence-based treatment that brings together cognitive-behavioral strategies and acceptance-validation strategies to help individuals with intense emotional suffering and dysfunctional behaviors make radical changes toward a "life worth living." **These two introductory-level Institutes** include:

(1) an introduction to the theory, protocol, and strategies of DBT that allow for genuine and deliberate therapeutic work with individuals; and (2) DBT skills, taught in psycho-educational groups, on core mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance.



I. Introduction to DBT:

Fri, Sept 18, 2015

II. DBT Skills:

Fri, Oct 2, 2015

CEUs:

4/Intro & 6/Skills
(10 total)

Fees

\$100/intro \$150/skills
discounts:
early bird by Sept 5 &
additional discounts for
UNC School of Social
Work students, faculty,
and field staff.

more info and
registration at:
<http://cls.unc.edu>

Trainer: Kristi Webb, PsyD is a licensed psychologist in private practice who specializes in depression, anxiety, and trauma and its sequelae, including substance abuse, dissociation, and self-harming behaviors. She has had advanced training in Dialectical Behavioral Therapy, and has been working as a DBT therapist with individual clients and co-leading weekly skills groups for 15 years. She has also worked in a variety of treatment



settings, including inpatient psychiatry, psychiatric emergency services, community mental health, substance abuse treatment, eating disorders day treatment, and a Veterans' Administration Hospital and taught psychology for several years in Vermont, New Hampshire, and North Carolina.

UNC SCHOOL OF SOCIAL WORK

325 Pittsboro Street
Room 500
Chapel Hill, NC 27516

Questions? contact
Deborah Barrett, PhD, LCSW
at dbarrett@unc.edu