



**DBT SKILLS WORKSHOP
w/ Charles Swenson, M.D.**

Smith College Conference Center, Oak Room
April 8-9, 2019

Sponsored by
Cutchins Programs for Children & Families Inc.

Program Description

At its core, Dialectical Behavior Therapy is a skill-building treatment. Clients need to acquire behavioral skills, strengthen the use of those skills, and generalize the use of them to their natural environments. As such, every DBT program in the world offers skills training to the clients. It is through the acquisition, strengthening, and generalization of these skills to their natural environments that clients gain the capacities to use attention and awareness to stabilize and see clearly; use reality acceptance and crisis survival strategies to safely ride through emotional distress; use emotion regulation skills to establish a healthy relationship with emotions, and use interpersonal effectiveness skills to build and maintain healthy relationships within which they can pursue objectives, say “no” as needed, keep a good relationship, and maintain or improve self-respect.

In this workshop, participants will be taught the details of each of the four modules of Dialectical Behavior Therapy (DBT) skills; how to create and conduct a DBT skills training group; how to use additional strategies to engage the clients’ attention and motivation; and how to weave DBT skills training into individual therapy. The instructor will use didactics teaching, illustrative examples, and demonstrations of how to run a group, and invite discussion with participants.

Educational Objectives

As a result of this workshop, participants will be able to:

1. Specify problematic behavioral patterns treated in DBT skills training.
2. Select clients that are appropriate for entry into a DBT skills training group.
3. Conduct a DBT skills training group session according to the correct format.
4. Teach DBT’s core mindfulness skills to a group.
5. Utilize DBT core mindfulness skills oneself in a manner that enhances psychotherapy.
6. Teach DBT’s distress tolerance-crisis survival skills to a group.
7. Teach DBT’s distress tolerance-reality acceptance skills to a group.
8. Teach DBT’s model for describing emotions to a group, showing the group how to intervene into one’s own emotional dysregulation.



9. Teach DBT's methods for changing painful emotions through "checking the facts," "problem solving," and "acting opposite the emotion urge."
10. Teach DBT's method for determining one's priorities in a conflictual interpersonal situation.
11. Teach DBT's interpersonal skills for achieving one's objective, for maintaining a good relationship, and for maintaining self-respect.
12. Teach DBT's skills for making friendships, strengthening relationships, and skillfully ending destructive relationships.
13. Utilize techniques to heighten patient engagement in DBT group skills training.
14. Weave DBT skills into the context of individual therapy.

Instructor Bio

Charles (Charlie) Swenson, M.D., is Associate Clinical Professor of Psychiatry at the University of Massachusetts Medical School. As Senior Psychiatrist and Area Medical Director from 1997 to 2001 and 2010 to 2014, he oversaw the clinical care in Western and Central Massachusetts for the Department of Mental Health. Originally trained in psychoanalysis, he undertook training in DBT and CBT beginning in 1987. He has directed more than 40 ten-day DBT workshops over the past twenty years, teaching several hundred teams, has conducted about a dozen advanced workshops, and has implemented DBT in outpatient, inpatient, day treatment, residential, case management, and crisis settings, with adults and adolescents. He is considered to be an inspiring teacher who brings DBT to life with clinical examples and demonstrations. Having published numerous articles and book chapters on the uses of DBT in treating borderline personality disorder, he is currently under contract with Guilford Press, writing a book for advanced DBT therapists. He treats his own patients—adults, adolescents, and families—in a private practice in Northampton, Massachusetts, and writes and performs songs about DBT even when they are not requested.

Target Audience

The target audience will consist of licensed mental health practitioners in several disciplines: psychology, psychiatry, social work, psychiatric nursing, licensed mental health counselors, and licensed marital and family therapists. Instructors will assume knowledge of DBT, some experience in the practice of the treatment, and will teach at an advanced level. There will be a heavy focus on individual DBT therapy, daily work to strengthen the participants' consultation teams, and a segment on enhancing the participants' skills training groups.



Date/Time/Location

Date: April 8-9, 2019

Time: 8:00-5:00 pm (daily)

Location: Smith College Conference Center- Oak Room
49 College Lane
Northampton, Massachusetts 01063
(413)-585-6977
smith.edu/emo/conference-center.php

Area Lodging

- **Hotel Northampton**
36 King Street
Northampton, MA 01060
(413)-584-3100
hotelnorthampton.com
- **Fairfield Inn & Suites Northampton**
115A Conz Street
Northampton, MA 01060
(413)-587-9800
- **Autumn Inn**
259 Elm Street
Northampton, MA 01060
(413)-584-7660
hampshirehospitality.com



Schedule

April 8, 2019- Monday

8:00 – 8:30 am	Registration + Continental Breakfast
8:30 – 8:45 am	Mindfulness Practice
8:45 -- 10:15 am	DBT Skills Overview Starting and Leading a Skills Training Group
10:15 -- 10:30 am	Break
10:30 –12:00 pm	Core Mindfulness Skills
12:00- 1:00 pm	Lunch
1:00 – 3:00 pm	Distress Tolerance Skills
3:00 – 3:15 pm	Break
3:15 – 4:45 pm	Demonstration of Teaching in a Group
4:45 – 5:00 pm	Q/A and Evaluations

April 9, 2019- Tuesday

8:00 – 8:30 am	Sign in + Continental Breakfast
8:30 – 10:30 am	Mindfulness Practice and Emotion Regulation Skills
10:30 – 10:45 am	Break
10:45 – 12:00 pm	Group Engagement Strategies: Improving Motivation
12:00 – 1:00 pm	Lunch
1:00 – 3:00 pm	Interpersonal Effectiveness Skill
3:00 – 3:15 pm	Break
3:15 – 4:45 pm	Weaving Skills Training into Individual Therapy
4:45 – 5:00 pm	Q/A and Evaluations

Format/Teaching Methods

This workshop will include power point slides and handouts, but the vast majority of the training will be interactional: demonstrating and discussing the effective use of DBT's principles and strategies in individual therapy, consultation team, and skills groups; then having participants practice with coaching and feedback. Taking the DBT practice of participants "to another level" is accomplished by focused, practical, experiential teaching (role-plays, practice exercises) with lots of feedback and discussion; with use of case examples from the instructor and the participants, and the occasional use of a video from the instructor.



Tuition

Individual: \$375 per person

Student: \$300 per person

Group of 3 or More: \$300 per person

*Applicants can pay via credit card on Event Brite or by check by contacting Rowen Gray:

Rowen Gray

Executive Administrator

Cutchins Programs for Children & Families Inc.

Email: rgray@cutchins.org

Phone: (413)-584-1310 x. 338

Registration Deadline

Registration deadline is Monday April 1, 2019, or whenever the course is full- whichever comes first.

Notification of Acceptance

Upon completion of registration and payment, applicants will receive email notification of acceptance.

Continuing Education Credits

- Application for MaMHCA continuing education credits has been submitted. Please contact us for the status of LMHC CE certification:
 - **Cutchins Programs for Children & Families Inc**
(413)-584-1310 x. 338 or rgray@cutchins.org



- Application for social work continuing education credits has been submitted. Please contact us (above), for the status of social work CE accreditation.
- Application for continuing education credits through the Department of Psychiatry at the University of Massachusetts Medical School has been submitted. The Department of Psychiatry at the University of Massachusetts Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts Medical School maintains responsibility for the program and its content. Please contact Cutchins Programs for updates on psychologist CE certification.

Refund/Cancellation Policy

Registration fee is non-refundable. Any questions about this policy should be directed to Dr. Swenson at c.robert.swenson@gmail.com

Accessibility

Conference site is an accessible, barrier-free location. Reasonable accommodations can be made for individuals with visual and/or hearing impairments if needed

Registration

To register, please visit-

Website: www.cutchins.org

Event Brite: <https://2-day-workshop-with-dr-charlie-swenson.eventbrite.com>

More Information

For more information, please contact:

Rowen Gray

Executive Administrator

Cutchins Programs for Children & Families Inc.

Phone: (413)-584-1310 x. 338

Email: rgray@cutchins.org