

3 Day DBT Skills Training

3 Day DBT Skills Training Dates:
September 27th-29th 2023 -or-
November 8th-10th 2023

All Training Times:
8:30AM-4:30PM

Location:
Virtual



Lesley Baird Chapin, Psy.D.

Lesley Baird Chapin, Psy.D. is the Vice President of the Pauquette Center for Psychological Services and the Dialectical Behavior Therapy trainer for the Department of Corrections. Dr. Chapin received her doctorate in clinical psychology from the University of Denver in 2009. She completed her internship at CMC-Randolph Behavioral Health in Charlotte, North Carolina, and her post-doctoral supervision with the Wisconsin Department of Corrections. She has practiced DBT and clinical psychology in inpatient, outpatient, residential, correctional and forensic settings with adolescents, adults, and families since 2006 and has experience adapting DBT for work with individuals with developmental disabilities. Dr. Chapin is a board certified DBT clinician, certified by the Linehan Board of Certification, the only certification body sanctioned by the creator of the treatment. Dr. Chapin has been providing DBT training for mental health professionals, medical professionals, and support professionals since 2014.

Cost and CE Credits Awarded:

3 Day DBT Skills Training:

\$450.00 per person 21 CE Credits Awarded

3 Day DBT Skills Training Student and Group Rate:

\$350.00 per person 21 CE Credits Awarded

Group rate is based on three or more individuals

Learning Objectives:

- Demonstrate ability to use at least 2 levels of validation
- Demonstrate dialectical thinking and synthesis
- Describe the contributing factors highlighted in the biosocial theory
- Describe the purpose of DBT skills training
- Describe the purpose of core mindfulness
- Teach and coach use of core mindfulness skills
- Improve ability to lead mindfulness practice
- Describe the purpose of distress tolerance
- Teach and coach use of distress tolerance skills
- Describe the purpose of emotion regulation skills
- Teach and coach use of emotion regulation skills
- Describe the purpose of interpersonal effectiveness skills
- Teach and coach use of interpersonal effectiveness skills
- Bolster ability to navigate crisis situations and direct conversation toward skill use
- Describe the skills coaching process
- Gain knowledge of applicability of DBT and potential adaptations
- Describe hierarchy of treatment needs in skills group.
- Describe the difference between therapy interfering and therapy destroying behaviors.
- Describe inclusion and exclusion criteria for DBT skills group.
- Describe the 3-step process to learning a new skill
- Improve ability to manage therapy interfering behavior in group and coaching contexts

To Register: www.pauquette.com

Select Professional Training



Pauquette Center for Psychological Services

Questions Contact: Sheila Starr ~ Phone: (608) 742-5518 ~ Email: [sstarr@pauquette.com](mailto:ssstarr@pauquette.com)

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