

# DBT Training 5 Day Comprehensive

**5 Day Comprehensive Training Dates:**  
5 Day January 11th, 12th and 17th -19th, 2024

**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.

NOTE: THE 5 DAY TRAINING IS AN INTERMEDIATE TRAINING INTENDED FOR PEOPLE WHO HAVE REASONABLE FAMILIARITY WITH THE DBT SKILLS AND SKILLS TRAINING COMPONENT. IT IS STRONGLY RECOMMENDED THAT INDIVIDUALS REGISTER FOR THE 3-DAY TRAINING OFFERED PRIOR TO THIS FIVE DAY TRAINING IF THEY HAVE NOT RUN SKILLS GROUP IN THE PAST. THE THREE-DAY INFORMATION IS NOT REPEATED IN THE COMPREHENSIVE TRAINING.

## **Cost and CE Credits Awarded:**

### **5 Day Comprehensive Training:**

\$750.00 per person                      35 CE Credits Awarded

### **5 Day Comprehensive Training Student and Group Rate:**

\$550.00 per person                      35 CE Credits Awarded

*\*Group rate is based on three or more individuals\**

## **Learning Objectives:**

- Identify populations best served with a DBT approach
- Demonstrate knowledge and application of the biosocial theory and understand dialectics
- Discuss the consequences of invalidation
- Discuss examples of dialectical strategies and application
- Demonstrate understanding of dialectical approaches and viewpoint
- Discuss function of skills training, coaching and individual therapy
- Understand primary target of pre-treatment
- Discuss important aspects of conducting pre-treatment and the pre-treatment process related to orientation, getting/strengthening commitment, and building a relationship
- Identify the commitment strategies in practice
- Demonstrate ability to use commitment strategies
- Demonstrate effective use of validation strategies
- Identify validation strategies in practice
- Understand the function of reciprocal communication
- Understand the function of irreverent communication in treatment
- Identify different irreverence techniques
- Understand the primary focus of stage 1 treatment
- Understand the behavioral targets for decrease in stage 1 treatment
- Prioritize behavioral targets based on hierarchy
- Identify the components of a behavioral chain analysis
- Identify examples of controlling variables in a chain analysis
- Demonstrate ability to conduct a chain analysis
- Formulate behaviorally specific treatment plans based on life worth living goals
- Understand the function of consultation teams
- Understand and discuss when environmental intervention is necessary
- Understand risk factors for suicide and increased lethality

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**Pauquette Center for Psychological Services**

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