



Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education and Training Center



Dialectical Behavior Therapy

Presented by
Paola Granados-Radlick, Psy.D.

Wednesday, June 24, 2020
9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/3R2B57J>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on June 23, 2020

Description:

This training will provide an introduction to Dialectical Behavior Therapy and how it can be adapted to residential treatment centers. DBT was developed as a specialized form of cognitive behavioral therapy to help address the emotional extremes that come with certain mental health disorders. The primary goals in DBT consist of teaching people to live in the present moment, cope more effectively with distress, manage painful emotions, and improve relationships. This presentation will provide an introduction into the five modules of DBT for Adolescents, help staff identify treatment targets from a DBT perspective, and define core DBT concepts to help children, teens, and their families.

Learning Objectives:

1. Identify which children benefit the most from DBT treatment and the *five primary skill areas* or “modules” of DBT for Adolescents (DBT-A; J. Rathus, A. Miller, and M. Linehan, 2015).
2. Identify *four hierarchical DBT treatment targets* helpful in determining what needs to be addressed as a priority.
3. Describe DBT techniques like dialectics, validation and walking the middle path.

Presenter:



Dr. Paola Granados-Radlick is a bilingual Florida Licensed Psychologist and owner of Frame of Mind Psychology, P.A. She specializes in children, adolescents, young adults and parents, but she has experience teaching “life skills” across the lifespan. She was part of the psychology faculty in the DBT program at Jackson Health System until June 2019, has trained psychology interns and residents and psychiatry residents and fellows, taught didactic seminars, and spoke publicly through the University of Miami Health System. Dr. Granados is foundationally trained in DBT and completed a two-year DBT residency at Jackson Health System. She was also appointed Voluntary Faculty in the Department of Psychiatry and Behavioral Sciences at the University of Miami Miller School of Medicine in 2019.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Continuing Education Information:

Youth Services Department, Palm Beach County is approved by the American Psychological Association to sponsor continuing education for psychologists. Youth Services Department, Palm Beach County maintains responsibility for this program and its content.

Youth Services Department, Palm Beach County is also approved to provide continuing education to LCSW's, LMFT's, and LMHC's by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider # 50-533, expires March 31, 2021).

Youth Services Department, Palm Beach County is approved to provide continuing education to RN's, ARNP's, LPN's and CNA's by the Florida Board of Nursing (Provider # 50-533, expires October 31, 2020).

In order to receive Continuing Education credits, you must complete an electronic evaluation form. A link to the form will be provided to you at the conclusion of the training. You must include your name and license number. Certificates will be emailed once receipt of your evaluation form has been confirmed.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](mailto:Cristal.Montepeque@pbcgov.org) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460

Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
 - **Everyone** – All participants will see the message in their Chat pane.
 - **Organizer(s) only** – All organizers will see the message in their Chat pane.
 - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>