



Dialectical Behavior Therapy with Adolescents and Adults Homestudy Training

SPONSORED BY THE NATIONAL PSYCHOLOGY TRAINING CONSORTIUM (NPTC)

Dialectical Behavior Therapy with Adolescents and Adults (3 CEs)

Materials composed and provided by Karen Shipley, Psy.D.

Instructional Level

Advanced

Course Description and Target Audience

This didactic training will provide an overview of Dialectical Behavior Therapy (DBT), modules of skills group, individual psychotherapy, and consultation teams as it may be applied for the treatment of suicidal and/or self-injurious adolescents and adults. The presenter will discuss basic assumptions of DBT, the Biosocial Theory, dialectics, and mindfulness practice. Therapist use of self-reflectivity, non judgmental stance, validation, and risk assessment will be highlighted through case presentations and discussion. There are no known risks associated with this presentation.

The target audience is mental health providers (advanced doctoral level psychology trainees, psychologists in practice, master's level clinicians etc).

Learning Objectives

- Describe and define Dialectical Behavior Therapy, modules of skills group, individual psychotherapy, and consultation team.
- Describe the relevance of Biosocial Theory, dialectics, mindfulness practice, and risk assessment.
- Utilize self-reflectivity, nonjudgemental stance, and validation with high risk clients.
- Demonstrate the clinical application of DBT treatment for suicidal and/or self-injurious adolescents and adults.

Video Homestudy Format

CE's for this homestudy training will be earned through completing the following tasks:

- Complete the pre-test questionnaire (10 questions).
- Watch the presentation video and review all provided documents in their entirety.
- Pass the post-test questionnaire with at least 80% correct (8 of 10 questions correct).
- Fill out a program evaluation form.



Presenter Information:

Karen Shipley, Psy.D. is a licensed clinical psychologist who has approximately 25 years of experience in the mental health field. She currently provides psychotherapy and psychological assessment services to children, adolescents, and adults in an outpatient setting. Dr. Shipley has practiced as a DBT individual and group therapist, primarily with adolescents and caregivers, for more than 10 years. She continues to consult and provide training and supervision for the Heart of America Psychology Training Consortium in Springfield, Missouri, as well as programs in California. Additionally, Dr. Shipley specializes in the following areas: pediatric psychology, grief and loss, self-harm and chronic suicidality, chronic and terminal illness, eating disorders, and trauma.

Registration Information:

Dialectical Behavior Therapy with Adolescents and Adults (3 CEs)

\$55.00 - regular price

\$41.25 - NPTC affiliates

FREE - NPTC supervisors

This cost includes video link, materials, tests, and evaluation required to obtain the CE's. The CE certificate will be emailed to participants upon successful completion of the training (80% on exam).



National Psychology Training Consortium (NPTC) is approved by the American Psychological Association to sponsor continuing education for psychologists. NPTC maintains responsibility for this program and its content.



Registration Form

Name _____ Highest Degree Earned _____

Institution _____ Position _____

License Status _____

Email _____

I am paying the registration amount checked below:

Dialectical Behavior Therapy with Adolescents and Adults Training

- \$55.00 – Regular price
 \$41.25 – NPTC affiliates
 FREE – NPTC supervisors

Payment Method:

- I have included a check* for the entire amount with this registration form.
 I have mailed a check* for the entire amount to the address below.
 I would like to pay by credit card over the phone or in person. †
 I have paid by credit card online using the link [HERE](#).†

_____ **Total Amount**

*Please make all checks payable to the National Psychology Training Consortium (NPTC) and send c/o Katherine Dixon, 3557 South Avenue, Springfield, MO 65807.

†There is a processing fee for all payments made by credit card. The fee amount varies depending on phone/online (3.5%) or in person (2.75%).

Questions?

Contact:

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