



**Family**  
Counseling Service

*Stronger Families - Stronger Communities*

70 S. River Street • Aurora, IL 60506

Non-Profit  
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Permit #119  
Aurora, IL

April 16 & 17, 2009

# DBT FOR DUMMIES

(and the rest of you)



Redefine behavior in a DBT framework

Help clients find "a life worth living"

Use DBT skills with any client

Continuing Education Network  
[www.aurorafcs.org](http://www.aurorafcs.org)

# DBT for Dummies (and the rest of you)

Do you struggle with difficult clients...or feel like you're walking a tightrope with some? Do you work with clients who are chronically suicidal, constantly "pushing your limits" and slowly eroding your desire to work with them?

If you answer either of these questions with a resounding "YES!", then this engaging 2-day seminar is for you. The presenter will take a closer look at the combination of dialectic philosophy and behavioral therapy that has made this treatment modality so popular in recent years. Participants will learn new techniques that they can use with challenging clients the very next day.

## Course Outline

What exactly is Dialectic Behavioral Therapy?

- Where did it come from?
- Who is using it?
- Why should I use it with my clients?

Diagnostic categories that best respond to DBT

- Personality disorders
- Mood disorders
- Psychotic disorders
- The "walking wounded" in therapy
- Addicts in treatment
- The forensic population

Reviewing behavioral therapy - terms and concepts

- How behavioral therapy becomes DBT

Bio-social theory and its application to DBT practices

The DBT treatment model

- Stages and treatment
- Treatment focus
- What's new in DBT

Skills Training

- Distress tolerance
- Mindfulness
- Emotion regulation
- Interpersonal effectiveness



About the presenter:

**Mary Ihnenfeld, MSW, LCSW**, has more than 12 years experience working in the mental health field. Mary earned her Master's degree in Social Work from Aurora University in 1996. She completed the DBT (Dialectic Behavioral Therapy) training in 1998 from the Linehan Training Group and is the past president of the Illinois DBT training team. Her area of specialty is working with men and women who suffer from depression and have a history of self-mutilation.

## Register

Online: [www.aurorafcs.org](http://www.aurorafcs.org), click on "Continuing Education Network"

Call: (630) 844-2662

Fax: (630) 844-3084

Mail: FCS • 70 S. River St. • Aurora, IL 60506

Register online and you're automatically entered in a monthly drawing to attend the seminar of your choice for free!

## DBT for Dummies (and the rest of you)

April 16th & April 17th, 2009, 9:00 a.m. - 4:00 p.m.

Copley Theatre

8 E. Galena Blvd.

Aurora, IL 60506

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E:mail: \_\_\_\_\_

Professional License Type and # (for CEUs): \_\_\_\_\_

Family Counseling Service is an approved CEU provider for the following:

Illinois Social Workers - license # 159.001.044

Illinois Professional Counselors - license # 197.000145

Illinois Teachers - license # 080918131512204

Registration Fee: **\$99**

Includes refreshments, training manual, CEU certification (12.0 CEUs)

## Method of Payment:

My check is enclosed (made out to Family Counseling Service)

Charge my  Visa  MasterCard

Account #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

## Interested in becoming a speaker?

Share what you have learned in your field.

Help create a higher quality of service.

Get paid.

(630) 844-2662 ext. 115 or [eward@aurorafcs.org](mailto:eward@aurorafcs.org)

**Your expertise...our experience**