



Introduction to Dialectical Behavior Therapy: An effective treatment for adolescents and adults



Tuesday, October 30, 2007

1:00 to 3:30 PM

UW School of Social Work ~ 3rd Floor Commons
4101 15th Ave NE / Seattle, WA 98105



This presentation is designed to be a brief introduction to Dialectical Behavior Therapy (DBT). DBT balances change-based technology (behavior therapy) with acceptance-based principles (validation). Both of these strategies will be introduced along with dialectical strategies (those that provide the balance of acceptance and change). The following topics will be covered:

- 1) The diagnosis and biosocial theory of borderline personality disorder
- 2) DBT treatment targets and structure of treatment for multi-problem, high-risk clients, including the modes and functions of comprehensive DBT programs
- 3) Introduction to DBT psycho-educational group skills training
- 4) Adaptations made to standard DBT to treat adolescents and their families.



Elizabeth Dexter-Mazza, Psy.D., received her undergraduate degree from Florida State University and her doctoral degree from the School of Professional Psychology at Pacific University. Dr. Dexter-Mazza completed her postdoctoral fellowship under the direction of Dr. Marsha Linehan at the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington. She was a research therapist in Dr. Linehan's current research study, provided both individual and group skills treatment, and was the Clinical Coordinator at the BRTC. Dr. Dexter-Mazza is currently working in private practice providing DBT to individuals and families. Her clinical experience with DBT focuses on treatment for adult and adolescent populations along with family members.

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REGISTRATION

Seating is limited, so reserve your space early!

[Click here to register](#), or go to www.tinyurl.com/2y53lh



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Complimentary CEUs awarded upon request.

Questions? Please email Jen Kitajo at jkitajo@u.washington.edu.



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