



**2014 – 2015 Training Calendar
The Clinical Experts Series**

Friday, October 10, 2014, 9:00 AM – 4:00 PM

Children and Adolescents with Autism Spectrum Disorder:
A Developmental and Behavioral Approach to Assessment & Treatment
Lauren Charlot, Ph.D.

Friday, November 21, 2014, 9:00 AM – 4:00 PM

Understanding and Treating Sleep Disorders: What You Need to Know
Claudia Toth, Psy.D.

Monday, December 8, 2014, 9:00 AM – 4:00 PM

Mindfulness-Based Treatment for Depression
Carl Fulwiler, M.D., Ph.D.

Friday January 30, 2015, 9:00 AM – 4:00 PM

Eating Disorders: The Current Treatments That Produce Results
Jennifer Thomas, Ph.D. and Kamryn Eddy, Ph.D.

Friday, February 13, 2015, 9:00 AM – 4:00 PM

Psychological First Aid: The First Response to Traumatic Events
Larry Berkowitz, Ed.D., James McCauley, LICSW

Friday, March 6, 2015, 9:00 AM – 4:00 PM

Helping Kids Without a Safety Net:
The Effect of Homelessness, Domestic Violence and Family Instability
on success in schools and the community

Daniel Jacobs, Psy.D.

Friday, May 8, 2015, 9:00 AM – 4:00 PM

Cognitive-Behavior Therapy: Proven Interventions for Children and Adolescents

Peter Moran, Ph.D.

Friday, June 5, 2015, 9:00 AM – 4:00 PM

The Ever Changing Challenge of Understanding and Treating Non-Suicidal Self-Injury

Barent Walsh, Ph.D.

The Dialectical Behavior Therapy Series

With Jennifer Eaton, LMHC & Elizabeth Fessenden, LMHC

Getting Started

Friday, November 7, 2014, 9:00 AM—4:00 PM

Introduction to Dialectical Behavior Therapy, The biosocial theory, orientation to DBT skills and individual therapy, treatment hierarchy, structuring therapy, diary cards, commitment strategies, supporting research

The DBT Skills Training Track

Friday, December 12, 2014, 9:00 AM—4:00 PM

DBT Skills Part 1: DBT groups, structuring and running skills groups, leader/co-leader roles, Mindfulness and Distress Tolerance Skills, Skills Cards

Friday, January 23, 2015, 9:00 AM—4:00 PM

DBT Skills Part 2: Structuring and running DBT homework groups, Emotion Regulation and Interpersonal Effectiveness Skills, Behavior Management in a group setting, DBT homework

Friday, February 27, 2015, 9:00 AM—4:00 PM

DBT Skills Part 3: Advanced skill techniques, teaching strategies, applications in milieu and school settings, applying skills to behaviors, coaching with focus in vivo

The DBT Individual Therapy Track

Friday, March 27, 2015, 9:00 AM—4:00 PM

DBT Individual Therapy Part 1: Structuring the therapy, pretreatment, behavior assessment, chain analysis, solution analysis, applying skills to behaviors, behavior therapy in DBT, troubleshooting and individualizing diary cards

Friday, April 10, 2015, 9:00 AM—4:00 PM

DBT Individual Therapy Part 2: Dialectics, dialectical strategies, communication strategies, insight & didactic strategies, relationship strategies. therapy interfering behaviors

Friday, May 15, 2015, 9:00 AM—4:00 PM

DBT Individual Therapy Part 3: The suicide assessment protocol, coaching calls by individual therapist & milieu coaching, crisis strategies, hospital strategies

Friday, June 12, 2015, 9:00 AM—4:00 PM

DBT Individual Therapy Part 4: Cognitive modification, exposure techniques, case management strategies, secondary targets, and the consultation team