



**THE BRIDGE**  
**TRAINING INSTITUTE**  
*Treatments That Work*

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**2013 – 2014 Calendar**

**The Clinical Experts Series**

**Friday, October 11, 2013, 9:00 AM—4:00 PM**

Escaping the Misery of PTSD:

A Non-Exposure, Cognitive Restructuring Approach to Reduce Self-Harm Behaviors

Barent Walsh, Ph.D.

**Friday, November 15, 2013, 9:00 AM—4:00 PM**

Finding Hope and Beauty in the Chaos:

Intervening Effectively with Multi-Stressed Families

Daniel Jacobs, Psy.D.

**Friday, January 17, 2014, 9:00 AM—4:00 PM**

Motivational Interviewing: Making Real Change Possible

Harry Cunningham LICSW

**Friday, January 31, 2014, 9:00 AM—4:00 PM**

Integrated Treatment for Dual Disorders:

Proven Treatment for Mental Illness and Substance Abuse

Kim Mueser, Ph.D.

**Friday, February 28, 2014, 9:00 AM—4:00 PM**

Cognitive Behavior Therapy: Proven Interventions for Anxiety and Depression

Peter Moran, Ph.D.

**Friday, March 7, 2014, 9:00 AM—4:00 PM**

Mindfulness and Psychotherapy: Fitting the Practice To The Person

Ronald Siegel, Psy.D.

**Friday, March 14, 2014, 9:00 AM—4:00 PM**

Successful Treatment of Non-Suicidal Self-Injury and Suicide:

Dialogues Between Therapists and Former Clients

Barent Walsh, Ph.D.

**Friday, April 11, 2014, 9:00 AM—4:00 PM**

Illness Management and Recovery:

Kerrin Westerlind, LICSW & Suzanne Langevin, LICSW

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## **The Dialectical Behavior Therapy Series**

With Jennifer Eaton, LMHC & Elizabeth Fessenden, LMHC

### **Friday, October 18, 2013, 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 6, 2013, 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 24, 2014, 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 14, 2014, 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 (face to face)

### **Monday, April 14, 2014, 9:00 AM – 12:00 PM**

Skills Training: Follow-up Group Consultation (Free for those who attend all Skills Training Track sessions)

### **The DBT Individual Therapy Track**

### **Friday, March 28, 2014, 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, May 2, 2014, 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 16, 2014, 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 6, 2014, 9:00 AM—4:00 PM**

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

### **Monday, September 22, 2014, 9:00 AM—12:00 PM**

DBT Individual Therapy: Follow-up Consultation (Free for those who attend all Individual Therapy Track sessions)

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