



Christy Matta M.A. is a trainer, consultant and writer. She is the author of *The Stress Response: How Dialectical Behavior Therapy Can Free You From Needless Anxiety, Worry, Anger, and Other Symptoms of Stress due out from New Harbinger in April 2012.* Christy has worked in mental health since 1994, is intensively trained in Dialectical Behavior Therapy (DBT) and has extensive training in Mindfulness. She is an experienced group leader and trainer in both Mindfulness and DBT Skills Groups.

She has provided clinical supervision to DBT residential programs and was a member of the senior administrative team that designed Grove Street Adolescent Residential Program, a winner of the American Psychiatric Association's Gold Award. She functioned as The Bridge of Central Massachusetts DBT training supervisor for clinicians from the department of counseling psychology of Assumption College and the department of psychiatry at the University of Massachusetts Medical School.

She also co-authored the article "DBT for Individuals with Intellectual Disabilities: A Program Description." She has provided numerous trainings and presented at conferences, including the International Society for the Improvement and Teaching of Dialectical Behavior Therapy and NADD, an association for persons with developmental disabilities and mental health challenges, on the topic of Dialectical Behavior Therapy.

Her approach uses principles and techniques supported by research, including Dialectical Behavior Therapy and Mindfulness techniques for managing anxiety, depression and other problems.

Christy Matta is also an expert contributor and featured blogger for a number of websites, exploring an array of topics related to stress management, mindfulness and dialectical behavior therapy.

QUESTIONS

Call 402-475-7666 or send e-mail to info@child-guidance.org (DBT Training in the subject line) with questions. Contact Person: Whitney Kuhn



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Helping kids find hope and healing

Child Guidance Center

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Lincoln, NE 68510

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**Dialectical Behavior Therapy
Introduction & Overview**

**Lincoln, Nebraska
March 29-30, 2012**

**Child Guidance Center
presents:
Dialectical Behavior Therapy**

Christy Matta, MA
*Dialectical Behavior Therapy
Introduction and Overview*

March 29 & 30, 2012
Chez Hay Catering Hall
210 North 14th Street
Lincoln, Nebraska

Dialectical Behavior Therapy Introduction and Overview

Payment must be enclosed
for conference registration
Please Print or Type

Mail to: Child Guidance Center
Attn: Whitney Kuhn
2444 "O" St.
Lincoln, NE 68510

NAME & CREDENTIALS

AGENCY/SCHOOL

TITLE

MAILING ADDRESS

CITY

STATE

ZIP

PHONE

E-MAIL

Amount Enclosed/To Be Charged: \$150 (both days) \$175 after 3.16.2012 \$90 (Thursday only) \$100 after 3.16.2012 \$90 (Friday only) \$100 after 3.16.2012

**ATTENTION LICENSED
PSYCHOLOGISTS:**

To ensure timely and proper CE
documentation from NPA at the
conclusion of the conference, please

Method of Payment:
 CHECK (Enclosed, payable to Child
Guidance Center)

CREDIT CARD

**Please check below if you would like to
request a vegetarian entrée at lunch**

Yes, I am a licensed psychologist

Vegetarian Lunch Entree

Exp Date

Credit Card#

VISA or MASTERCARD

Name on Card

Conference Goals & Learning Objectives

Day 1:

- 1) Understand and summarize the biosocial theory
- 2) Analyze client behaviors in a dialectical behavior therapy (DBT) framework
- 3) Identify the five functions and modes of dialectical behavior therapy
- 4) Articulate the components of the two primary treatment strategies in DBT
- 5) Identify the 6 core elements of mindfulness practice

Day 2:

- 1) Name key elements of emotion regulation skills
- 2) Consider modifications to DBT treatment relevant to an adolescent population
- 3) Understand the process for homework review in skills group
- 4) Recognize the skills and concepts for surviving crisis
- 5) Use DBT framework to identify, prioritize and respond to behaviors that interfere with treatment

Day 1 - Thursday - March 29, 2012

'Dialectical Behavior Therapy Introduction and Overview'

8:30 - 9:00a.m.	Registration - <i>breakfast provided</i>
9:00 - 10:30a.m.	DBT Overview
10:30 - 10:45a.m.	BREAK (15 min.)
10:45 - 12:00p.m.	Change Strategies
12:00 - 1:00p.m.	LUNCH - <i>meal provided</i>
1:00 - 2:30p.m.	Validation Strategies
2:30 - 2:45p.m.	BREAK (15 min.)
2:45 - 4:00p.m.	Core Mindfulness Skills - Homework Assignment
4:00p.m.	END

Day 2 - Friday - March 30, 2012

'Dialectical Behavior Therapy Introduction and Overview'

8:30 - 9:00a.m.	Registration - <i>breakfast provided</i>
9:00 - 10:30a.m.	Homework review and skills training: focus on emotion regulation and adolescent implementation
10:30 - 10:45a.m.	BREAK (15 min.)
10:45 - 12:00p.m.	Interpersonal Effectiveness and Distress Tolerance
12:00 - 1:00p.m.	LUNCH - <i>meal provided</i>
1:00 - 2:30p.m.	Responding to Behaviors that Interfere with Treatment
2:30 - 2:45p.m.	BREAK (15 min.)
2:45 - 4:00p.m.	Consultation teams: Preventing Burnout and Therapist Treatment Interfering Behaviors
3:30 - 4:00p.m.	Wrap-up, program evaluation
4:00p.m.	END

« Continuing Education Hours »

Conference participants will receive certificates of attendance confirming Continuing Education hours (Thursday – 5.5 hours, Friday – 5.5 hours). Questions or comments may be directed to Child Guidance Center, Attn: Whitney Kuhn, 2444 "O" St, Lincoln, NE 68510.

This program is sponsored by Child Guidance Center and the Nebraska Psychological Association. The Nebraska Psychological Association (NPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for the program and its content.

Participants attending this program can receive 11 CEs. All questions, comments, and complaints regarding CEs should be directed to NPA at 402.475.0709 or npa@nebpsych.org.

« General Information »

CONFERENCE LOCATION

Chez Hay Banquet Hall
210 N 14 St., Lincoln, Nebraska 68508
14 & P St. - Second Floor, Above Noodles & Company

PARKING

Parking will be the responsibility of the conference participants. There are several parking garages surrounding the venue. All day parking is \$9.00.

HOTEL ACCOMMODATIONS

Embassy Suites, 1040 P St: 402-474-1111
Holiday Inn Downtown, 141 N 9th St: 402.475.4011
Cornhusker Hotel, 333 S 13 St: 402-474-7474

REGISTRATION

COST: (includes breakfast and lunch)

Two day conference: \$150; late registration (received after March 16, 2012): \$175

Thursday Only: \$90; late registration (received after March 16, 2012): \$100

Friday Only: \$90; late registration (received after March 16, 2012): \$100

Please register early as conference space is limited.

Note:
**Cancellations ON/AFTER Monday March 26, 2012
will be charged the full conference price.**

No-shows will be charged for the conference.

*Enclose this slip along with payment.
Registration will not be accepted after March 26, 2012*