



# Institute for Professional Development

The Rosa J. Kolker Professional Development Series

## Introduction to Dialectical Behavioral Therapy

Presented by:

**Alexandra Kasoff, LCSW-C**

**August 21, 2024**

**12:00 – 1:30 pm**

via Live Video Conferencing

**As a result of this training, participants will be able to:**

- Define key principles and core components of DBT, including mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.
- Recognize the applicability of DBT in managing and treating mental health conditions such as Borderline Personality Disorder, substance use disorders, self-harm behaviors and suicidal ideation.
- Apply practical skills and strategies from DBT in daily life to effectively enhance emotional well-being, improve interpersonal relationships and cope with distressing situations.

**1.5 Category I CEUs**

Dialectical behavior therapy (DBT) is an evidenced-based form of cognitive behavioral therapy which often integrates mindfulness and emotional regulation techniques.

DBT has been proven highly effective in helping people develop healthy coping skills, learn ways to manage strong emotions, and improve their relationships with others.

**Register [HERE](#)**

*General Public: \$37.00*

*Jewish Day School Educators / JCS Retirees: 30.00*

*NJHSA Members: \$30.00*

*JCS Staff / JCS Board & Council Members / Staff of Associated Agencies: FREE*

Jewish Community Services is approved by the Maryland Board of Social Work Examiners to sponsor Continuing Education for social workers (psychologists and licensed professional counselors).

Jewish Community Services maintains responsibility for this program and its content.

Funding for this series is made possible by a grant from **The Kolker-Saxon-Hallock Family Foundation**.

