Dialectical Behavior Therapy with Parents, Couples, and Families

Presented by:
Alan Fruzzetti, Ph.D.
University of Nevada, Reno

Friday, April 4th – Saturday, April 5th, 2014
9:00am – 4:45pm
Registration on April 4th 8:30am – 9:00am

United Healthcare, President’s Auditorium
2716 North Tenaya Way
Las Vegas, NV 89128
12 CE Credits

Approved for Nevada Psychologists. Approval Pending: LCSWs and MFTs.
NPA is an approved CE Provider for California Board of Behavioral Sciences.
NPA is approved by the American Psychological Association to sponsor continuing education for psychologists.
NPA maintains responsibility for this program and its content.

Co-Sponsored by:

Registration is Now Available Online at:
www.NVPsychology.org
ABOUT THE SPEAKER:

Alan Fruzzetti Ph.D. holds a Ph.D. in clinical psychology from the University of Washington and serves as Director of the Dialectical Behavior Therapy and Research Program at the University of Nevada in Reno, Nevada, USA. This research and treatment program provides Dialectical Behavior Therapy for adults and adolescents with borderline personality and related disorders as well as comprehensive treatment services for couples, parents, and families. He is the author of Families and Borderline Personality Disorder: A Dialectical Behavior Therapy Guide to Finding Peace in Your Family and has authored or co-authored dozens of scholarly articles and book chapters on these and related topics.

Dr. Fruzzetti is also Research Director and Member of the Board of Directors of the National Educational Alliance for Borderline Personality Disorder, and a co-developer of the Family Connections Program. He has provided extensive training in the United States, Europe, and Australia in DBT for individuals with borderline personality and related disorders, in Dialectical Behavior Therapy with Couples, Parents, and Families, in Family Connections, and in managing clients with multiple problems and reducing therapist burnout. Dr. Fruzzetti has also been an investigator on several DBT studies including those related to the treatment of suicidal adult women and young adults, women victims of domestic violence, and families of people with Borderline Personality Disorder. The Nevada Psychological Association named Dr. Fruzzetti "Psychologist of the Year" in 2010.

ABOUT THE WORKSHOP:

This workshop is intended for practitioners with a strong foundation and experience in DBT principles and practice (such as Parts I and II of the 10-Day Comprehensive/Intensive Training in DBT).

Dialectical Behavior Therapy (DBT) has been shown in dozens of studies to reduce self-harm, substance use, anger, and other problems associated with emotion dysregulation. DBT has been adapted by Dr. Alan Fruzzetti for use with couples, parents, and families, with several studies now demonstrating successful outcomes. In this workshop focusing on work with families who have a member with BPD or BPD-related problems, the focus will be on interventions both to reduce severe dysfunctional individual behavior, to improve family relationships in general, and thus to help families become less destructive, and more peaceful and loving. This workshop will introduce the concepts, strategies, and skills used to work with parents and partners from a DBT perspective, and offer a brief summary of the data supporting this approach. After a brief orientation to the treatment model, lectures, role plays, and experiential exercises will be used to demonstrate how to: 1) build a treatment target hierarchy with families (including self-harm, aggression, substance use, relationship problems, etc.); 2) utilize traditional DBT skills and new DBT family skills with families; 3) apply "chain analyses" with two or more family members simultaneously, to expose dysfunctional steps when emotion escalates out of control; 4) use principles and intervention strategies of DBT with families to remediate these steps; and 5) integrate both acceptance and change strategies (and skills) into solutions.

LEARNING OBJECTIVES: After completing this workshop, attendees will:

1. Understand how emotion vulnerability and invalidation transact to create emotion dysregulation (and Borderline Personality Disorder/BPD).
2. Use clear targeting to stay focused in family therapy when someone in the family has BPD or BPD-related problems.
3. Balance the use of blocking, validation, coaching, and skill teaching with family members.
4. Learn specific, key self-regulation skills to teach to partners and parents.
5. Learn specific skills that can be used reciprocally to help regulate emotion and lead to improved understanding, empathy, and validation.

SCHEDULE:

Detailed schedule is available online. Workshop runs from 9:00am—4:45pm each day with 1.25 hours for lunch (12:00—1:15pm) and two 15 minute breaks (in morning and afternoon). Refreshments will be provided at both breaks, lunch is on your own.
Cost of Workshop/Registration: DBT with Parents, Couples and Families

EARLY BIRD DISCOUNT
(BY 03/21/2014)

<table>
<thead>
<tr>
<th></th>
<th>TWO DAYS</th>
<th>TWO DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>NPA Member</td>
<td>$320.00</td>
<td>$290.00</td>
</tr>
<tr>
<td>Student Member</td>
<td>$115.00</td>
<td>$115.00</td>
</tr>
<tr>
<td>NON-Member</td>
<td>$370.00</td>
<td>$340.00</td>
</tr>
<tr>
<td>Student Non-Member**</td>
<td>$215.00</td>
<td>$215.00</td>
</tr>
</tbody>
</table>

**No other discounts applied for students. Students are not licensed or practicing in any mental health profession. They must show current enrollment in a regionally accredited college or university as a graduate student in psychology or a closely related profession.

HELP NPA BE A GREEN ORGANIZATION:
- I will download an electronic copy of handouts from NPA website (instructions will be sent by email)
- I am unable to use electronic availability of handouts and need a paper copy made for me (additional $10.00 fee)

REGISTRATION:
NAME: ____________________________________________________________________________ DEGREE: __________________________
License #: __________________________ Profession: __________________________
Address: __________________________________________ City: __________________ State: ___ Zip: ______
Email Address: __________________________________________ Daytime Phone: __________________________
- Payment in the amount of $_________ is enclosed, by check, payable to NPA
- Please charge my credit card $_________ (Complete area below)

Visa/ MasterCard/ Discover/ American Express (circle one)
Account#: __________________________ Exp Date: ______________
Security Code: (3 numbers on back of card; 4 numbers on front of AmEx): ______________
Cardholder Name As it appears on the card: __________________________
Billing Address: __________________________________________
Authorized Signature: __________________________________________

Register Online At: WWW.NVPSYCHOLOGY.ORG
Fax (credit card only) to: (888) 654-0050 or Mail with check to: P.O. Box 400671, Las Vegas, NV 89140

GENERAL INFORMATION:
Workshop Location: The workshop will be held in the President’s Auditorium at United Healthcare, located at 2716 N. Tenaya Way, Las Vegas, NV 89128. Ample parking is available outside the building. Directions and map available online at www.NVPSYCHOLOGY.ORG
Refunds & Grievance Policy: Participants may direct questions or complaints to NPA at (888) 654-0050. An administrative fee of $30 will be charged for cancellation of registration. Please note, no refunds will be granted after 03/27/2014.
Approval: Nevada Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for the program and its content. NPA will issue certificates of completion by email no later than 5 days after workshop. APA CE rules require that we only issue credits to those who attend the entire workshop. Those arriving more than 15 minutes late or leaving before the entire workshop is completed will not receive CE credits.