Radically Open DBT
A 2-Day Introductory Workshop with Tom Lynch
Friday, January 30, 2015 from 10am to 5pm
& Saturday January 31, 2015 from 10am to 4pm (11 CEUs)
The David Brower Center, Berkeley, CA

Workshop Description
This workshop is appropriate for all levels of clinical expertise. Attendance on both days is required to participate in this training.

Self-control, the ability to inhibit competing urges, impulses, or behaviours is highly valued by most societies. However, excessive self-control has been linked to social isolation, poor interpersonal functioning, hyper perfectionism, rigidity, risk aversion, lack of emotional expression, and the development of severe and difficult-to-treat mental health problems, such as anorexia nervosa, obsessive compulsive personality disorder and refractory depression. Heightened threat sensitivity and diminished reward sensitivity are hypothesized to transact with early family experiences emphasizing “mistakes intolerable” and “self-control imperative” to produce overcontrolled coping. A novel thesis linking the communicative functions of emotional expression to the formation of close social bonds will be introduced, as well as new skills emphasizing receptivity, self-enquiry and flexible responding. New approaches to activate a neurobiologically-based social-safety system, signal cooperation, enhance forgiveness, and change envy/bitterness will be introduced; using videos and role play. Based on 19 years of research, two NIMH funded randomized controlled trials (RCT’s), the aim of this 2 day training is to introduce clinicians to the new theory and strategies underlying Radically Open - Dialectical Behavior Therapy (RO DBT; treatment manual pending; Guilford Press).

Previous experience or training in standard DBT is not required.

Workshop Learning Objectives
You will learn:

• Overview of treatment structure
• Recognise a new biosocial theory for OC and new RO DBT treatment strategies designed to enhance willingness for self-enquiry and flexible responding
• Identify new skills designed to enhance intimate relationships and vulnerable expression of emotion, learn from critical feedback, and enhance loving-kindness-forgiveness.
• Identify a novel treatment mechanism positing open expression = trust = social connectedness and examples of strategies designed to improve pro-social cooperative signaling via activation of the parasympathetic nervous system’s social-safety system.

Key References:

Workshop Leader

Dr. Tom Lynch

Location
The training will be held at the David Brower Center, 2150 Allston Way, Berkeley, CA 94704
(510) 809-0900

Cost, Refund, and Cancellation Policy
Members 2 day workshop (early registration, on or before December 31, 2014): $ 225
Members 2 day workshop (regular registration, after January 1, 2015 & onsite): $ 250
Non-Members 2 day workshop (register after January, 15, 2015 – space permitted): $ 300
Interns, psychological assistants, students: $ 135

Onsite registration is available – if space available. Check-in begins at 9:30 am and the workshop hours are 10am to 5pm on the first day and 10am to 4pm on the second day with an hour lunch (box lunch included in price) and two 15-minute breaks.

IMPORTANT -- To be eligible for a refund, the San Francisco Bay Area Center of Cognitive Therapy must receive notice of cancellation 14 days prior to the date of the workshop. Cancellations are subject to a $35.00 processing fee per workshop.

Continuing Education (CE) Credit

The San Francisco Bay Area Center for Cognitive Therapy is approved to offer 11 hours of continuing education. No partial CE units granted. Please note, this is a 2-day workshop.

Those who attend this workshop in full and complete the appropriate evaluation form will receive continuing education (CE) credits. Please note that the San Francisco Bay Area Center for Cognitive Therapy will issue credit only to those who attend the entire workshop. Those who arrive more than 15 minutes after the start time or leave before the workshop ends will not receive CE credit.

The San Francisco Bay Area Center for Cognitive Therapy (Provider Approval No.: CEN034) is approved by the California Psychological Association to provide continuing professional education for psychologists. The San Francisco Bay Area Center for Cognitive Therapy maintains responsibility for this program and its content.
The San Francisco Bay Area Center for Cognitive Therapy (Provider Approval No.: PCE288) is approved by California Board of Behavioral Sciences to provide continuing professional education for Marriage and Family Therapists and Licensed Clinical Social Workers. The San Francisco Bay Area Center for Cognitive Therapy maintains responsibility for this program and its content.

Please check if you require Continuing Education Credits (11 CEUs are available)

Disclosure Information
The California Psychological Association and the American Psychological Association require that continuing education providers inform participants as to the source, amount, nature, and disposition of any funding used to support the continuing education activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with individuals and companies who have a financial interest in activity content. These individuals include the CE Advisory Committee of the San Francisco Bay Area Center for Cognitive Therapy (SFBACCT) and the Steering Committee of the Northern California Cognitive Behavior Therapy Network (NCCBTN).

Institutional Conflict of Interest Disclosure
The San Francisco Bay Area Center for Cognitive Therapy does not receive commercial support for any of the continuing education activities it provides.

Individual Conflict of Interest Disclosure
Joan Davidson, Ph.D., SFBACCT CE Advisory Committee, has no relevant financial relationships or conflicts.
Janie J. Hong, Ph.D., NCCBTN Steering Committee, has no relevant financial relationships or conflicts.
Lynn Martin, N.P., NCCBTN Steering Committee, has no relevant financial relationships or conflicts.
Jacqueline B. Persons, Ph.D., NCCBTN Steering Committee, has no relevant financial relationships or conflicts.
Daniela J. Owen, Ph.D., SFBACCT CE Advisory Committee, has no relevant financial relationships or conflicts.
Sharon Smith, M.F.T., M.S.W., NCCBTN Steering Committee, has no relevant financial relationships or conflicts.
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Melinda White, M.F.T., NCCBTN Steering Committee, has no relevant financial relationships or conflicts.
Robin Yeganeh, Ph.D., NCCBTN Steering Committee, has no relevant financial relationships or conflicts.

Speaker Conflict of Interest Disclosure
Tom Lynch, PhD has no relevant financial relationships or conflicts.
REGISTRATION FORM

Make check payable to “NCCBT Network” and mail check and Registration Form to Melinda White, MFT – NCCBT Treasurer, 1635 Solano Avenue, Berkeley, CA 94707. Questions: Melinda White at adhdreatment@mindspring.com

Name: __________________________________________________________________________________________

Discipline (PhD, LCSW, MFT): _______________ License No.: ________________________________

E-mail Address: _______________________________ Telephone Number: ____________________________

Mailing Address: __________________________________________________________________________________

(Members, early registration, $225, on or before 12/31/14) $ _____

(Members, regular registration, $250, on or after 1/1/2015, if space available) $ _____

(Non-Members, $300, after 1/15/15, if space available) $ _____

(Interns, students, psychological assistants, $135) $ _____

Total fee $ _____

Note: The 2-day workshop is the minimum required for an adequate introductory training. There is no 1-day option.

11 CEUs Requested (check here) _____