



Balancing Change and  
Acceptance: Use of **Dialectical  
Behavioral Strategies** in Work  
with Families

Friday, November 05, 2021  
9 a.m. – 1:30 p.m.

Location:  
Livestream Webinar

## Target Audience

This event has been planned for psychologists, clinicians, therapists, counselors, social workers, marriage and family therapists, psychiatric nurses, substance use counselors, and all other behavioral health professionals interested in this intervention and already have knowledge of standard DBT.

## Program Description

Adolescence is often a tumultuous time due to puberty, hormones, and brain changes. For some teenagers, this can be compounded by a history of trauma or family conflict, a biological sensitivity to emotions, or other mental health conditions such as depression and anxiety. At times these lead to problem behaviors such as school avoidance, and impulsive and high risk behaviors. Helping professionals and caregivers can feel helpless in the face of such challenges. This program will review strategies from Dialectical Behavioral Therapy for Adolescents (DBT-A) that focus on helping teens and their caregivers decrease problem behaviors and improve their relationships. The training will provide techniques designed to teach adolescents and their families the skills of validation and problem-solving, mindfulness, and improved communication skills. A combination of lecture, experiential exercises, and role-plays will be included in this program.

## Objectives

Upon completion of this workshop, participants will be able to:

- Identify the benefits of validation;
- Explain how to improve problem-solving skills in families; and
- Identify at least two mindfulness activities for adolescents.

## Fee

\$49.00

## Agenda

8:45 a.m.	Login
9 a.m.	Identify the benefits of validation
10:30 a.m.	Explain how to improve problem-solving skills in families
11:30 a.m.	Break
12 p.m.	Explain how to improve problem-solving skills in families (cont')
12:30 p.m.	Identify at least two mindfulness activities for adolescents
1:30 p.m.	Adjourn

## Speaker

**Becca Edwards-Powell, MSW, LCSW** is currently a psychotherapist with the Triangle Area Psychology (TAP) Clinic, where she provides individual, family and group therapy for adolescents and adults. She has extensive training and is a certified Dialectical Behavior Therapy (DBT) clinician through the Linehan Board. Prior to joining TAP, Becca worked in community mental health for 10 years providing direct care, as well as clinician training and program development. Becca has expertise in providing evidenced-based trauma treatment through Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT). She has additional certification in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Additionally, Becca provides support parenting support through TAP's Behavioral Parent Training program. Becca is currently a training consultant with UNC-CH School of Social Work's AHEC Training Partnership. She has also been a field instructor with the School for eight years.

This presenter is being supported through the partnership between UNC-CH, School of Social Work and the NCAHEC Program.

## Credit

C.E.U.: 0.40

**Contact Hours:** 4.0

**NASW-NC:** NC AHEC is a 2021 NASW-NC approved provider of distance continuing education. This program has been approved for 4.0 contact hours.



**NBCC:** Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



**NC Psychologists Category A:** The program will provide 4.0 contact hours (category A) continuing education credit to NC Psychologists.

Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit. Credit will be awarded to participants who attend 100% of the program.

## Substitutes/Refunds/Transfers

- Cancellations must be in writing (fax, email, or mail)
- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

*Attendance at this activity grants permission for Southern Regional AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.*

## Contacts

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A MyAHEC account is required to complete registration. If you do not have a MyAHEC account, please go to our website at: <https://www.southernregionalahec.org/create-account> to create an account. Please use your personal email address when you create your MyAHEC account as work email accounts can change.

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <https://www.southernregionalahec.org/about-us/general-reference/>

## Registration Form

CASCE # 66951 / MH211105

### Balancing Change and Acceptance: Use of Dialectical Behavioral Strategies in Work with Families - November 05, 2021

**Fee:** \$49.00

**Register Online:** <https://www.southernregionalahec.org/courses-and-events/66951>

Updated Contact Information

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

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Check Enclosed (Make check payable to SR-AHEC)

We accept the following credit cards: Visa, Mastercard, Discover, American Express

Card Number: \_\_\_\_\_

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Signature: \_\_\_\_\_

Send completed registration form to:

SR-AHEC, Attention: Registrar, 1601 Owen Drive, Fayetteville, NC 28304 or e-mail to registrar@sr-ahec.org

## Upcoming Program

**Implicit Bias in Mental Health - Live Webinar - September 23, 2021**

<https://www.southernregionalahec.org/courses-and-events/66649>

**The Impact of Toxic Stress on Health and Your Role in Resilience - Live Webinar - September 27, 2021**

<https://www.southernregionalahec.org/courses-and-events/66696>

**Identifying and Addressing Anxiety and Trauma Related Disorders in Children and Adults - Live Webinar**

**October 1, 2021** <https://www.southernregionalahec.org/courses-and-events/66648>

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