

**Philadelphia Area
Group Psychotherapy Society
presents**

Introduction to Dialectical Behavior Therapy

**Stephanie Mattei, Psy.D.
Linda Filetti, Ph.D.**

**Friday, October 17, 2008
8:30 a.m.–12:30 p.m.**

**Hopkinson House
(the program is in the Solarium)
604 South Washington Square
Philadelphia, PA 19106**

**(Hopkinson House is on 6th St. between Walnut and Locust. Parking is available
in a garage under the building [entrance on 6th St.] or on the street.)**

3 CE credits for psychologists and social workers

THE PROGRAM

This presentation will introduce participants to the basics of Dialectical Behavior Therapy (DBT). They will learn the details of the biosocial theory of Borderline Personality Disorder and the role of invalidation in the disorder's development. The session will cover the three foundations of individual DBT—validation, dialectics, and behaviorism. In addition, the four skills modules of DBT will be presented. Participants will have an opportunity to practice these skills so that they can apply them clinically. Moreover, the role of the DBT consultation team will be discussed, and participants will have an opportunity to explore the usefulness of DBT for particular clients.

LEARNING OBJECTIVES

At the conclusion of the workshop, the participants will be able to:

- ϕ Understand the biosocial theory of Borderline Personality Disorder, the theoretical underpinnings of DBT, and the role of invalidation in the development of this disorder
- ϕ Distinguish between the three foundations of individual DBT—validation, dialectics and behaviorism
- ϕ Identify the four skills modules
- ϕ Appreciate the importance of the consultation team and ongoing education

SCHEDULE

8:30 – 9:00 a.m. — Registration: A continental breakfast will be provided.

9:00 a.m. - 12:30 p.m. — Program.

Please note that we will begin **promptly** at 9:00 a.m.

THE SPEAKERS

Stephanie Mattei, Psy.D., is a licensed clinical psychologist who co-founded the Center for Acceptance and Change in Bala Cynwyd, PA. She has been intensively trained in Dialectical Behavior Therapy and has been providing comprehensive DBT with her colleagues since 2003. Stephanie teaches doctoral students about DBT as adjunct faculty at La Salle University and helps students wrestle with questions about regulating emotions, suicidal behaviors, eating disorders, and depression. Stephanie works primarily with women who struggle with Eating Disorders, PCOS, Borderline Personality Disorder, self-harm behaviors and relationship distress.

Linda Filetti, Ph.D., is a licensed clinical psychologist who co-founded the Center for Acceptance and Change in Bala Cynwyd, PA. She maintains a private practice in Bala Cynwyd and Chadds Ford, PA. She has been intensively trained in Dialectical Behavior Therapy (DBT) and has been providing comprehensive DBT to adolescent and adult women since 1999. She has experience working in residential and outpatient settings and specializes in treating borderline personality disorder, eating disorders, self-harm, depression and trauma-related problems.

FEES

\$50 for PAGPS members,
\$60 for non-members,
\$20 for students.

Space for this program is limited. After October 10, we suggest calling or e-mailing to make sure space is available.

CANCELLATION POLICY

Cancellations received at least five working days before the event are refundable, minus a \$10 processing fee.

CONTINUING EDUCATION

Attendance entitles psychologists to 3 CE credits. PAGPS is approved by the American Psychological Association to sponsor continuing education for psychologists. PAGPS maintains responsibility for this program and its content.

PAGPS is approved by the PA State Board of Social Workers, Marriage & Family Therapists & Professional Counselors to offer continuing education for social workers. This program carries 3 CE credits.

Attendees will also receive 3 recertification credits, useful for individuals listed in the National Registry of Certified Group Psychotherapists.

MEMBERSHIP

The Philadelphia Area Group Psychotherapy Society is an Affiliate Society of the American Group Psychotherapy Society (AGPA).

Membership in PAGPS is open to AGPA members as well as mental health workers, students, or trainees who are actively engaged in group work but who are not members of AGPA.

PAGPS members may list their group(s) on the PAGPS website.

For a membership application, please contact
Elsa R. Efran, M.S., Administrator
310 E. Gowen Ave.
Philadelphia, PA 19119-1022

Phone: 215-242-4234
E-mail: pagps@att.net
Website: www.pagps.org

REGISTRATION (please print CLEARLY)

Feel free to duplicate this form as needed for additional registrations.

Name _____

Degree _____

Street _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Field: Psychiatry Psychology Social Work Counseling Other _____

I need a certificate for APA CE credits.

I need a certificate for social work CE credits.

I need a certificate for CGP credits.

Registration Fee enclosed:

PAGPS members @ \$50 _____

Non-members @ \$60 _____

Students/interns @ \$20 _____

Please make checks payable to PAGPS.

Mail to:

PAGPS c/o Elsa R. Efran, Administrator

310 E. Gowen Ave.

Philadelphia, PA 19119-1022