Continuing Education

DBT Skills for Working with Parents:

Helping Parents Learn to Structure a Healthy Environment

Friday, March 27, 2020 8:00 am – 12:15 pm (4-hours)

(7:30 - 8:00 am: Check-in and Continental Breakfast)

Parenting children with emotional difficulties or mental illness can be very challenging. This clinical workshop is focused on parents and is designed to provide clinicians with effective tools and skills to engage parents and teach them how to emotionally regulate their own reactions within the cycle of parent-child interactions while also parenting strategically and effectively. Topics include recognizing, understanding, and managing emotions and behaviors, developing effective responses, parenting decision making, mindfulness and other skills & helping parents to establish a healthier environment for children & families.

At the conclusion, attendees should be able to:

- Describe BioSocial Theory and how it can be used to help parents understand the origins and development of their child's difficulties
- Identify parent thinking and emotions that may interfere with effective parenting
- Explain how to use validation and other skills to keep parents engaged in the change process
- List and understand the skills of in the Middle Path module of DBT for parents and children
- Use 4 DBT skills to teach parents to be more effective parents, create a healthier environment, and manage difficult emotional situations

Featured Presenter:

Pat Harvey, LCSW-C, ACSW, has over 40 years of experience working with families and currently coaches parents of youth and adults who have emotion dysregulation using a DBT framework. She facilitates trainings and workshops on DBT concepts, skills, and family interventions throughout the U.S. She is the co-author of the books ***Parenting a Child Who Has Intense Emotions; Dialectical Behavior Therapy for At-Risk Adolescents; Parenting a Teen Who Has Intense Emotions and Hey, I'm Here Too*** (a book for siblings of youth who have emotional challenges). In addition, Pat has co-authored an article about the grief of parents who have a child with mental illness and an article for Pediatric Nursing about the concept of validation.

Beaver Creek Country Club

9535 Mapleville Rd
Hagerstown, MD 21740

Continuing Education Credits

Maryland Social Workers: Brook Lane is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland. Brook Lane is solely responsible for all aspects of the Program. This program will provide 4.0 credit hours of Category 1 continuing education; partial credit will not be awarded.

Maryland Psychologists: The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the Maryland State Board of Social Worker Examiners; partial credit will not be awarded.

Counselors/Therapists: Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 4 clock hours; partial credit will not be awarded.

Other Professionals: A certificate of completion noting the number of educational/contact hours will be provided.

Registration Information

Seminar Fee: $89.00
(includes continental breakfast & CEUs)

To Register: See reverse side

Questions: deb.staley@brooklane.org
301-733-0331 x 1189

Brook Lane
Seminar Registration Form

Seminar: **DBT Skills for Working with Parents**

Date: **Friday, March 27, 2020**

Location: **Beaver Creek Country Club, 9535 Mapleville Rd, Hagerstown, MD**

Times: **Check-in: 7:30 am - 8:00 am * Training: 8:00 am - 12:15 pm (4-hours)**

Fee: **$89.00 per person**

Please PRINT Clearly

First Name:_____ Last Name:_____

Email (*required for registration/confirmation):_____

Address:_____City:_____

State:_____ Zip:_____ Contact Phone #:_____

Discipline: [ ] Social Worker [ ] Counselor [ ] Psychologist [ ] _____

Payment Information: (Checks should be made payable to Brook Lane)

Payment Method: [ ] Check #:_____ Credit Card: [ ] MasterCard [ ] Visa [ ] Discover

Cardholder Name:_____

Cardholder Address (if different than above): _____

Account No._____ Expiration Date:_____

Cardholder Signature:_____ CVV Code: _____

Cancellation Policy: A $10.00 processing fee applies to all cancellations. To receive a refund (less the cancellation processing fee), cancellations must be made in writing and received no later than one week prior to the seminar (5:30 pm, **Friday, March 20, 2020**). No refunds will be made after that date or for no-shows on the day of the seminar.

Questions: Debbie Staley, Manager of Continuing Education
deb.staley@brooklane.org 301-733-0331 ext. 1189 Fax: 301-733-4038

To Register by Mail:

Complete the form and mail with payment to
Attn: SEMINAR Cashier
Brook Lane, PO Box 1945, Hagerstown, MD 21742

To Register Online:

www.brooklane.org
On the lhomepage
click on: Upcoming Events

Driving Directions to

Beaver Creek Country Club

9535 Mapleville Road, Hagerstown, MD 21740

From Interstate 70

- Take MD exit 35 (Smithsburg/Boonsboro Rt. 66)
- From the West, turn right off the exit
- From the East, turn left off the exit
- Proceed .5 mile
- Beaver Creek Country Club will be on the left

From Interstate 81

- Take Interstate 70 East
- Take MD exit 35 (Smithsburg/Boonsboro Rt. 66)
- From the West, turn right off the exit
- From the East, turn left off the exit
- Proceed .5 mile
- Beaver Creek Country Club will be on the left

Join us on Facebook!