

Spring Program **Sunday, March 27, 2022—Zoom Webinar**  
**Dialectical Behavior Therapy- An Overview**

*Presenters: Chris King, JD, Ph.D., and Emily Kline, M.A.*

**PROGRAM:**

This program will focus on the application of Dialectical Behavior Therapy (DBT) within the context of individual and group therapy, as well as phone coaching. An overview of the individual DBT skill modules and skills will be presented. The elements of a group, individual session, phone coaching, and skills training will be highlighted. The mechanisms targeted by DBT behaviorally, emotionally, and socially will be described. The use of Chain Analysis and Solution Analysis will be discussed. Research highlighting the effectiveness of the DBT theory and approach and the “nuts and bolts” of the various interventions involved in Borderline Personality Disorder and DBT will be provided. The program will also address the limited research on how diverse populations may benefit from DBT.

**PRESENTERS:**

*Christopher King, JD, PhD, is an Assistant Professor of Psychology, the Associate Director of Clinical Training (PhD and MA Programs in Clinical Psychology), and the Director of the Forensic Psychology Concentration (MA Program in Clinical Psychology) at Montclair State University. He teaches and conducts research related to adult and juvenile clinical-forensic psychology, correctional psychology, police and public safety psychology, and mental health law. Dr. King is also an independent contracting psychologist at Clinical & Forensic Psychological Consulting Services (CFPCS, LLC)/Morristown DBT, where he leads teen and adult Dialectical Behavior Therapy (DBT) skills training groups; serves as an individual DBT therapist; conducts pre-employment psychological screenings for public safety candidates; and engages in quality assurance activities. Dr. King received his JD, and PhD in clinical psychology with a forensic concentration, from Drexel University.*

*Emily A. Kline, M.A., is a Ph.D. candidate in Clinical Psychology and an Adjunct Professor of Psychology at Montclair State University. Her research focuses on the cognitive and social factors contributing to risk for suicidal behaviors and internalizing disorders, the impact of discrimination on mental health, and reducing inequities in mental health care. In her clinical training, she has implemented third-wave cognitive-behavioral modalities such as ACT and DBT to treat youth and adults in community, private practice, and public school settings.*

**Learning Objectives:** This workshop is designed to help participants:

1. Be able to list and discuss how to apply DBT treatment to adults and adolescents in group, individual, and phone sessions.
2. Describe the four different DBT training modules and at least 10 specific skills, as well as their application in specific situations.
3. Explain the use of Chain Analysis and Solution Analysis in treatment
4. Identify how DBT might be adapted for diverse populations, how access to DBT by diverse populations may be hindered.

**ZOOM WEBINAR:** *Please register in advance for the Zoom webinar at [https://us02web.zoom.us/webinar/register/WN\\_WhPpp4i-RjugVY7NQx6KRg](https://us02web.zoom.us/webinar/register/WN_WhPpp4i-RjugVY7NQx6KRg)*

After registering, you will receive a confirmation email containing information about joining the webinar.

10:45 --11:00 AM Welcome and orientation

11:00 -- 1:00 PM Program

**NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30**

**2 CE credits available for psychologists (add'l. charge):** Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

**Guests/Non-NCAP members\*:** payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

\*Guests/Non-NCAP members, please include your email address with your payment so you can receive instructions for joining the Zoom webinar.

**RSVP by March 25. If payment is not received by March 25, non-members will be blocked from attending the program on March 27<sup>th</sup>.**

*This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.*

*Intended audience: Psychologists, psychiatrists, educators, mental health professionals, graduate students. \*Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

*Program sophistication: Intermediate—some basic knowledge of the specific content is required.*

*The presenter has no commercial support or conflict of interest for this program.*

*NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.*

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