

INTEGRATING DIALECTICAL BEHAVIOR THERAPY (DBT) INTO CLINICAL PRACTICE

VIRTUALLY VIA ZOOM

PRESENTED BY:

ROBYN CARUSO, LMFT, CEDS-C, CETI

1 CE CREDIT*

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ABOUT THE PRESENTATION

This presentation provides a practical introduction to DBT-informed therapy and how therapists can integrate key DBT strategies into their clinical work. Participants will learn the distinctions between Comprehensive DBT and DBT-Informed Therapy, including when each approach is appropriate. The presentation will cover essential DBT therapist strategies, such as validation, dialectical thinking, behavioral chain analysis, commitment strategies, and irreverence. Attendees will gain tools to address common client challenges, including emotional dysregulation, treatment ambivalence, self-criticism, and difficulty identifying emotions, while improving engagement and treatment outcomes.

LEARNING OBJECTIVES

Following this presentation, participants will be able to:

1. Differentiate between Comprehensive DBT and DBT-Informed Therapy.
2. Identify three DBT-informed therapist strategies for common client struggles.
3. Apply DBT-informed interventions to improve client engagement and regulation.

CONTINUING EDUCATION

***Course meets the qualifications for 1 hour of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences**

Course Completion Certificates will be awarded within 1 week of the course in exchange for a completed evaluation form.

Target Audience: Mental health clinicians

AlignED Care® Eating Disorder and Mental Health Center is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. AlignED Care® Eating Disorder and Mental Health Center maintains responsibility for this program/course and its content. CAMFT approval Number 1032797

Visit us online to request accommodations and for grievance policy.

Register here: bit.ly/APR11DBT

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Robyn is a California Licensed Marriage and Family Therapist (LMFT #80168), a Florida out-of-state telehealth provider (TPMF871), an Arizona LMFT (LMFT-16077), and a South Carolina LMFT (LMF.8058 MFT). She is the founder of **AlignED Care® Eating Disorder and Mental Health Center**, offering virtual and in-person therapy, groups, and CEDS supervision.

Robyn is a Certified Experiential Therapist (CETI) through ISEP and a Certified Eating Disorder Specialist (CEDS-C) and iaedp Approved Consultant. She is intensively trained in DBT, Level 1 trained in Radically Open DBT (RO-DBT), and a Basic Accelerated Resolution Therapy® (ART®) Practitioner.

Active in the treatment community since 2008, Robyn has held leadership roles, served on the Board of Directors for iaedp's Central Coast and Los Angeles chapters, and is Clinical Faculty at Antioch University, Los Angeles. She earned her B.A. in Business Economics from UC Santa Barbara and her M.A. in Clinical Psychology from Antioch University, Los Angeles.

FRIDAY, APRIL 11

**9:00-10:00 AM PT/
12:00-1:00 PM ET**

1 CE CREDIT FREE OF CHARGE

Course Schedule, Total Duration 1 hour
9:00-1000 am PT: Educational Presentation (1 Hour)