

ARCADIA UNIVERSITY



**Arcadia University's Continuing Education
Program in Psychology Presents:**

**Friday, November 20, 2009
2 – 5 PM**

***Integrating Dialectical Behavior Therapy
(DBT) Skills Into Your Practice: Mindfulness,
Interpersonal Effectiveness, Emotional
Regulation, and Distress Tolerance***

Susan Schack, Ph.D.

**Grey Towers Castle, Mirror Room
Arcadia University
Glenside, PA**

*registration begins at 1:30pm

*free parking is available

*directions are available at www.arcadia.edu/directions

**About the Graduate Programs in
Counseling Psychology (GPCP) at
Arcadia University:**

The GPCP prepares highly qualified mental health clinicians for positions in schools, community mental health centers, hospitals, and other health agencies, business and industry settings. Throughout the program students are given ample opportunity to integrate coursework with firsthand experience by learning and practicing skills needed to be highly effective, culturally competent and ethical providers of mental health care to diverse populations. Graduates will also use their ever-growing base of knowledge and skills to provide evidence-based therapy to achieve positive clinical outcomes.

Arcadia's masters program offers four specialization tracks: Child/Family Therapy; Community Counseling Psychology, School Counseling (Elementary/Secondary); and Trauma: Clinical Bases of Treatment and Recovery.

For more information contact: Eleonora Bartoli, PhD, Director of GPCP at bartolie@arcadia.edu or Carol Lyman, MA, Clinical Coordinator at lyman@arcadia.edu.



Learning Objectives — *Participants will: 1) have engaged in mindfulness practice and learned how to apply mindfulness into a therapy session; 2) have learned basic interpersonal effectiveness skills and when to integrate them into their work with clients; 3) have acquired basic emotional regulation skills and be able to use them with clients; 4) have practiced distress tolerance skills and learned how to teach them to clients.*

About the Instructor — *Susan Schack, PhD., received her doctorate in clinical psychology from Adelphi University. She worked at St. Luke's Roosevelt Hospital Center in New York City for 5 years and was intensively trained in DBT during that time. She then went on to serve as the Assistant Director of Fordham University's counseling center in NYC. Dr. Schack is currently in private practice in NYC and Philadelphia where she works with individuals and couples with a variety of presenting problems, including depression, anxiety, substance abuse, eating disorders and personality disorders. She also runs DBT groups at The Center for Motivation and Change, a treatment center for addiction, in NYC.*

Credits and Instructional Level—Introductory and Intermediate

■ 3 APA CE credits (for psychologists, LPCs and social workers) ■ 3 NBCC CE credits

Arcadia University is approved by the American Psychological Association to sponsor continuing education for psychologists. Arcadia University maintains responsibility for this program and its content.

For more workshop information: www.arcadia.edu/aucepp