



Evening Workshop - via Zoom

Presented By: Kidz Conference Services

1400 Old Country Road, Suite C103N • Westbury, NY 11590 • 516-806-6969 x4181

How to Reach a Child: A Dialectical Behavior Therapy (DBT) Approach

May 9, 2024 ♦ 4:30pm – 7:45 pm ♦ Live via Zoom

Presenter: Michael A. Hartman, CDBT LMHC



Audience: Teachers Social Workers Speech/Language Pathologists LMHCs Psychologists (Licensed & School)

Age Range: Elem (see below) MS HS

Course Level/Learning Methods: Intermediate; Lecture, Discussion

Dialectical Behavior Therapy (DBT) is cutting edge mental health care. Its goals are to teach people skills to cope with stress, regulate their emotions and improve interpersonal relationships. DBT strategies can be taught to students as a preventative measure to help them acquire behavior, social, and emotional skills that enable them to better succeed in and outside of school.

In this course, our objective will be to give participants a rigorous introduction to Dialectical Behavior Therapy and where it can be used in the classroom, with one on ones with students, and in psychotherapy sessions. There will be something for everybody. Key skills will include mindfulness, understanding emotion dysregulation, crisis management, and bringing a child to a more regulated state.

This training will mainly target the 5th grade students all the way to High School aged children. Participants will work with the presenter and with each other to learn key DBT skills in breakout rooms. In-vivo Mindfulness exercises will be practiced as a group. Essentially this presentation is to help professionals master the art of working with and connecting to a child in overtly significant emotional pain and those who are quietly struggling with their feelings and social skills. Emerging research also shows the versatility of DBT with Neurodivergent children especially those on the Autism Spectrum who are in need of skills building in their emotional needs.

Learner Objectives - As a result of this activity, participant will be able to:

- Identify and explain how to manage emotion dysregulation in children.
- Identify and explain how to conduct key validation techniques with upset children.
- Explain and summarize Dialectical synthesis of validation and change.
- Summarize the importance of understanding the emotional needs of others even if they are acting out.

Agenda

- Introduction to DBT (30 min)
- Mindfulness exercise (15 min)
- Debrief of mindfulness and sharing of experiences between participants (30 min)
- Selected Skills Introduction with theoretical underpinnings – Validation, Emotion Regulation, Distress Tolerance, & Mindfulness Techniques (30 minutes)
- Bathroom Break (15 min)
- Q&A time with Speaker (15 min)
- Target key DBT Skills relevant to audience (30 min)
- Discussion and workshoping of learned techniques (30 min)

Biographical Information: Michael A. Hartman is a Certified Dialectical Behavior Therapist and Mental Health Counselor. He founded InsightDBT with Paul Kaplan, LCSW in 2022 with the intention of providing quality and affordable DBT to Teens and Adults on the south shore of Long Island. Michael is a clinical supervisor and senior clinician at Interborough, a community mental health agency in Brooklyn, NY. He works at Interborough to provide effective an evidence based treatment to the Crown Heights and Metropolitan community.

DISCLOSURE INFORMATION: Financial: Mr. Hartman is receiving a speaker's fee for presenting this session. **Non-financial:** There are no other non-financial disclosures.

Register Online: www.familyofkidz.com \$75 non-Kidz staff \$65 Family of Kidz staff (with active cases through Family of Kidz).

Info or Special Accommodations: Tesa conferences@familyofkidz.com Should you require a reasonable accommodation to attend, all such requests must be received no less than four weeks prior to the date.

Refund Policy: All cancellations will be subject to the handling fee noted. Refund/Cancellation requests must be received by mail/e-mail at least 10 calendar days prior to the session date or the full amount will be charged. Full refunds will be given if the workshop is cancelled due to weather or other unforeseen circumstances.

Handling Fee: \$15

For Certificates of Attendance and CEUs - You must arrive on time, stay for the entire session, and submit a completed Evaluation Form.

CEUs / CPDs Available

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