

do you ever
feel unsure
how to respond
to survivor's
big emotions?

are you trying to help
survivors stay calm
while they deal with
frustrating systems
like CPS?

have you felt
survivors were
so upset they
could not make
use of your
help?

would you
like more
tools in your
advocacy
toolbox?



do you
sometimes
have trouble
keeping your
cool ?

Join us for : DBT Skills* for DV Advocates

*DBT skills are a set of strategies proven to help people manage their feelings and get through stressful, difficult and upsetting situations while being effective

register here

April 15th and 16th, 2021 9:00 to 4:30pm
or
May 13th and 14th, 2021 9:00 to 4:30pm

Via Zoom

offered
twice!

A practical, hands-on, two-day training on skills and principles that will help DV advocates be effective when working with survivors facing frustrating situations, big emotions, despair and difficult systems. Co-taught by Beth Rodgers, a therapist and DBT expert, and Margaret Hobart, longtime DV advocate.

Topics include:

- Mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness
- Validation: what it is, why it matters and how it helps in a crisis and moving toward change
- Middle path thinking: finding both/and solutions, seeing what's missing
- Consultation/coaching: supporting survivors to manage challenges themselves rather than taking over

About the Trainers:

Margaret Hobart, PhD, is an advocate, activist, and expert on domestic violence, child welfare, domestic violence homicides, LGBTQ+ intimate partner violence (IPV), and children impacted by domestic violence. She has worked in organizations dedicated to ending sexual and domestic violence since the 80's. She started the Washington State Domestic Violence Fatality Review. She worked at the Washington State Coalition Against Domestic Violence for 15 years. Dr. Hobart co-authored Washington DSHS's Social Worker's Guide to Domestic Violence. Her work on design solutions for DV shelter (<http://buildingdignity.wscadv.org/>) was featured in the Smithsonian's Cooper Hewitt Museum in 2016 She helped lead the National LGBTQ Institute on IPV from 2014 to 2018, and is dedicated to ensuring LGBTQ+ survivors' access to excellent DV advocacy. She currently provides expertise, training and policy analysis as a consultant.

Beth Rogers, MA, LMHC, is a Licensed Mental Health Counselor and a DBT-Linehan Board of Certification Certified Clinician. Beth has over 30 years of experience working with incarcerated teens, suicidal and self-harming youth and adults, individuals experiencing depression, anxiety, drug and alcohol issues, and survivors of domestic violence. Beth is a trainer and consultant for the Department of Children, Youth and Family for the state of Washington and is the DBT Subject Matter Expert for Juvenile Rehabilitation. Beth has facilitated survivors of domestic violence support groups and has provided court ordered treatment to perpetrators of domestic violence.

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