

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

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

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 Rogers, 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, and worked at the Washington State Coalition Against Domestic Violence for 15 years, where she 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. 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.



BEHAVIORAL HEALTH INSTITUTE



This training is presented by Portland DBT Institute (<https://www.pdbti.org/>)

in partnership with New Beginnings (<https://www.newbegin.org/>), The Washington State Coalition Against Domestic Violence (<https://wscadv.org/>)

Grant funded by SAMHSA in Partnership with the Washington State Health Care Authority and Harborview Medical Center's Behavioral Health Institute (<https://www.harborviewbhi.com/>)