



## Dialectical Behavior Therapy for Adolescents and Caregivers (DBT-A)

### DBT-A in a Nutshell

July 13<sup>th</sup> – 14<sup>th</sup>, 2023 8:30am – 4:00pm PT

Presented via Zoom video communications by **Erica Tan, PsyD**

#### COURSE DESCRIPTION:

This training is recommended for providers working with teens and young adults who experience chronic emotion dysregulation and complex problems. This two-day training is ideal for providers new to DBT principles and strategies and will cover the fundamentals of comprehensive DBT for adolescents (DBT-A), including an overview of research on its efficacy and core concepts such as validation, dialectics, and walking the middle path.

### Diving into DBT-A Skills

August 3<sup>rd</sup> – 4<sup>th</sup>, 2023 8:30am – 4:00pm PT

Presented via Zoom video communications by **Ashley Maliken, PhD**

#### COURSE DESCRIPTION:

This 2-day training will provide an overview of the DBT skills commonly taught when leading a multifamily skills group. We will review the core modules as well as the middle path skills introduced by Miller and Rathus (2015). Using didactics, modeling and role plays, attendees will have a chance to deepen their understanding of the skills and explore how to teach them more successfully to youth and families attending multifamily groups.

#### CONTINUING EDUCATION CREDITS:

Portland DBT Institute is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. Portland DBT Institute is responsible for all aspects of the program.



#### SCHOLARSHIPS AVAILABLE!

We have developed a scholarship with the goal of reducing the disparity in accessing mental health treatment among racial and ethnic minority, sexual and gender minority, low-income, and other underserved populations.

This scholarship is intended for clinicians who:

1. cannot afford to pay the full registration fee, and
2. work primarily with clients from NIH-designated health disparity populations.

Find out more [here!](#)

#### CONNECT WITH US!

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[www.pdbti.org](http://www.pdbti.org)



#### MEET THE TRAINERS



#### Erica Tan, PsyD

Erica Tan, PsyD, DBT-LBC (she/her) received her doctorate in clinical psychology from Regent University. Presently, she is a licensed psychologist

in Oregon and is an Adolescent and Family team member at Portland DBT Institute working extensively with at-risk teens who struggle with self-harming behaviors and suicidality. She also specializes in work with LGBTQIAA individuals and their families. As a senior member of the staff at PDBTI, she provides supervision to post-doctoral residents on site.



#### Ashley Maliken, PhD

Ashley Maliken, PhD, DBT-LBC (she/her) is a licensed psychologist with expertise in providing evidence-based treatments to adolescents, young

adults, and their families. She recently joined PDBTI in the role of Acting Director of Training and Quality Assurance and as a member of the Teen and Training Teams. Dr. Maliken earned her doctorate from the University of Washington where she learned DBT with Dr. Marsha Linehan. In addition to her clinical work, Dr. Maliken has worked as the Associate Training Director for the CAP Fellowship at UCSF and has extensive experience providing interdisciplinary teaching, training, consultation, and supervision in DBT & CBT.

#### Individual Registration Fee:

\$349.00

#### Group Registration Fee for

groups of 3+: \$325.00

#### Student Registration Fee:

\$315.00

To register, please go to

[www.pdbti.org](http://www.pdbti.org) and complete the registration form found under the "Training" tab.

For more information or questions:  
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