

MARCH 15, 2024
10:00 - 11:30 AM

1.5
CEUs



DOORS OPEN AT 9:30 FOR COFFEE & CONNECTING

INTRODUCTION TO DIALECTICAL BEHAVIOR THERAPY

PRESENTED BY DORIAN HUNTER, PHD

Dorian Hunter, Ph.D. is a DBT-Linehan Board of Certification Certified Clinician and licensed clinical psychologist in Washington State. She is the co-founder of the DBT Center of Tacoma, an independent DBT training clinic located in Tacoma, Washington, as well as a member of the clinical faculty in the Department of Psychology at the University of Washington. She trains and provides consultation to DBT teams with TIC, teaching individual DBT clinicians and DBT teams around the world hoping to implement DBT, increase their treatment fidelity and competence, and improve clinical skills.



Dr. Hunter completed her undergraduate, post-baccalaureate, and post-doctoral training at the University of Washington Behavioral Research and Therapy Clinics (BRTC), under the direction of the DBT treatment developer, Dr. Marsha Linehan. Dr. Hunter completed her Master and Doctoral degrees at Rutgers University, where she was a National Institute on Alcohol Abuse and Alcoholism (NIAAA) fellow throughout her training.

Dr. Hunter has published book chapters and articles on DBT and other evidence-based interventions and underlying psychological processes related to behavior change.

LEARNING OBJECTIVES

- Identify the modes and the functions of the modes in Dialectical Behavior Therapy.
- Define solution analysis in DBT.
- Know a distress tolerance skill from DBT and how to teach it.

Live Event
In person &
on Zoom

**TRINITY PRESBYTERIAN CHURCH/
BRYANT NEIGHBORHOOD CENTER**
1615 6TH AVE | TACOMA 98405

Free for Members
\$20 for non members

This workshop has been approved for 1.5 CEUs by the Washington Chapter of the National Association of Social Workers (NASW) for LICSWs and Associates, LMFTs and Associates, and LMHCs and Associates. PCCA provider number is 1975-277.

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