



Michael Maslar, Psy.D

Michael Maslar is the Director of Mindfulness and Behavior Therapies at The Family Institute at Northwestern University. He is a licensed clinical psychologist, received his undergraduate degree from Purdue University and graduate degrees from the Chicago School of Professional Psychology.

Dr. Maslar has extensive training in Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy, Functional Analytic Psychotherapy, and other mindfulness and behavioral therapies. Dr. Maslar is a member of the Association for Behavioral and Cognitive Therapies, the Association for Contextual Behavioral Therapies, the Midwest DBT Team Leaders Group, and the Chicago DBT Consortium.

Sponsored by:

DeKalb Community
Service Board

**NOTICE:
LIMITED seats available!**

For registration or questions,
please email Teiresias Jones at
TeiresJ@dekcsb.org

To register please see detailed
instructions on next page.

NASW & LPCA CEUs
applied for.

Cost is \$395

**Pay by cash, money order or credit
card only. No personal checks.**

Cost is \$175 for Dekalb CSB staff.



PRESENTS

**DIALECTICAL BEHAVIOR
THERAPY**

TRAINING SEMINAR

PRESENTER:

Michael Maslar, Psy.D

Director of Mindfulness
and Behavior Therapies

The Family Institute at Northwestern
University

A 10-Day Series
One weekend a month
April - August

Dialectical Behavior Therapy

Dialectical Behavioral therapy is a method of treating chronically suicidal, self-injuring individuals or individuals with Axis II traits. It is based in biosocial (behavioral) theory. The theory also includes elements of diathesis-stress and developmental/learning models.

DBT is the most successful outpatient treatment model for the above described clients. The model includes weekly therapy and skills training groups. The program is very structured and trains staff on performing DBT Therapy. This training supports/aids in the preparation for the anticipated certification.

DCSB is offering this 10-day 60-hour series for \$395

This training is a \$2,800 value!
Cost is \$175 for Dekalb CSB staff.

WORKSHOP OBJECTIVES

- 1) Learn the theoretical foundations of Dialectical Behavior Therapy (DBT)
- 2) Learn the value and processes of DBT consultation teams
- 3) Learn how to:
 - Conduct Individual DBT sessions
 - Conduct DBT skills training groups
 - Conduct DBT phone consultations
 - Implement and develop a working DBT Program

REQUIREMENTS

Master's degree or higher can attend. Graduate students must be in the second year of their master's degree.

Participants are required to purchase the following books to attend the seminar:

Cognitive Behavioral Treatment of Borderline Personality Disorder

Skills Training Manual for Borderline Personality Disorder

(Both books are by Marsha M. Linehan, Ph.D.)

Optional

The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life

(By Ellen Astrachan-Fletcher, Ph.D. and Michael Maslar, Psy.D.)

TRAINING SCHEDULE

Classes will be held from 8:30 am to 4:30 on the following dates (Friday/Saturday).

April , 17 & 18, 2015

May, 22 & 23, 2015

June, 5 & 6, 2015

July, 17 & 18, 2015

August, 7 & 8, 2015

Coffee/Bagels & sign-in at 8:00am

Lunch on your own

FEES - CEUs - LOCATION

Richardson Building (Auditorium)
445 Winn Way, Decatur, GA 30030

Ample free parking available

Pay by cash, money order or credit card

Early Registration cost of training is \$395

Early registration ends April 3, 2015

- CEU Certificate is an additional \$10
- Late registration (after April 3^d) will incur an additional charge of \$25

To register a non-refundable deposit of \$175 is due by April 3, 2015

Full payment due by April 17th, 2015

- Transferred registrations will be assessed a \$50 fee per transfer
- No refunds

Mail money order payable to DeKalb CSB along with registration form to:
DeKalb CSB Attn: Teiresias Jones
PO Box 1648, Decatur, GA 30031

Name: _____

Address: _____

City, State, Zip: _____

Your License Info: (i.e., CSW003356)

eMail Address for Seminar Handouts