

DBT-Informed Therapy Online Home Study

Course Information Packet

course presented by

Charlton Hall, MMFT, PhD



Mindful Ecotherapy Center

www.mindfulecotherapy.org

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Continuing Education Course Information

- **Target Audience: Mental Health Professionals**
- **Online Home Study Continuing Education Hours: 10 (Ten)**

Course Description

Dialectical Behavior Therapy (DBT) was developed by Marsha Linehan for the treatment of Borderline Personality Disorder. Prior to the development of DBT, Borderline Personality Disorder was thought to be incurable. Since that time it has proven to be effective in treating a wide range of disorders.

This course will examine all four skill sets of DBT and give practical tips and techniques on implementing all of the DBT skills.

This course is different from other online DBT courses in that we will be looking at how to blend DBT skills with Ecotherapy skills to enhance the benefits of both.

Course Outline

1. What is Dialectical Behavior Therapy?
2. MODULE 1 – Core Mindfulness Skills
3. MODULE 2 – Interpersonal Effectiveness
4. MODULE 3 – Emotional Regulation
5. MODULE 4 – Distress Tolerance
6. COURSE SUMMARY AND REVIEW

The course will include several videos and extensive worksheets and handouts in pdf format.

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Course Objectives

After taking this course the student will be able to:

- Describe the Hegelian Dialectic and how it relates to Dialectical Behavioral Therapy (DBT)
- Discuss how the Hegelian Dialectic can be used to address black-and-white thinking
- Describe and discuss several common dialectics used in DBT
- Discuss the four skill sets/modules of DBT
- Discuss, describe and implement the Mindfulness Skill Set of DBT
- Discuss, describe and implement several tools of the Interpersonal Effectiveness Skill Set of DBT
- Discuss, describe and implement several tools of the Distress Tolerance Skill Set of DBT
- Discuss, describe and implement several tools of the Emotional Regulation Skill Set of DBT
- Discuss DBT Suicide Prevention Protocol
- Discuss the implementation of DBT Suicide Attempt Self-Injury Interview (SASII 2009)
- Discuss the implementation of the Suicide Prevention Action Plan
- Discuss and implement several ecotherapy interventions that may be used with DBT

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DISCLAIMER

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All course materials for this course are evidence-based, with clearly defined learning objectives, references and citations, and post-course evaluations. Upon request a copy of this information and a course description containing objectives, course description, references and citations will be given to you for your local licensing board.

All of our courses and webinars contain course objectives, references, and citations as a part of the course materials; however, it is your responsibility to check with your local licensure board for suitability for continuing education credit.

No warranty is expressed or implied as to approval or suitability for continuing education credit regarding jurisdictions outside of the United States or its territories.

If a participant or potential participant would like to express a concern about their experience with the Mindful Ecotherapy Center, LLC, NBCC ACEP #7022, they may call at (864) 384-2388 or e-mail or chuck@mindfulecotherapy.com. Emails generally get faster responses.

Although we do not guarantee a particular outcome, the individual can expect us to consider the complaint, make any necessary decisions and respond within 24 to 48 hours.



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Instructor Qualifications and Contact Information

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This course was created by Charlton Hall, MMFT, PhD.

Charlton Hall, MMFT, PhD is a former Marriage and Family Therapy Supervisor (now retired from that role) . In 2008 he was awarded a two-year post-graduate fellowship through the Westgate Training and Consultation Network to study mindfulness and ecotherapy. His chosen specialty demographic at that time was Borderline Personality Disorder.

Dr. Hall has been providing training seminars on mindfulness and ecotherapy since 2007 and has been an advocate for education in ecotherapy and mindfulness throughout his professional career, serving on the South Carolina Association for Marriage and Family Therapy's Board of Directors as Chair of Continuing Education from 2012 to 2014.

He served as the Chair of Behavioral Health for ReGenesis Health Care from 2014 to 2016 and trained all the medical staff in suicide risk assessment and prevention during his employment at that agency.

Dr. Hall is also a trained SMART Recovery Facilitator and served as a Volunteer Advisor in South Carolina for several years.

Dr. Hall's area of research and interest is using Mindfulness and Ecotherapy to facilitate acceptance and change strategies within a family systemic framework, and he has presented research at several conferences and seminars on this and other topics.

For a complete list of Dr. Hall's credentials, visit

<https://mindfulecotherapy.org/charlton-chuck-hall-mmft-phd>

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References for DBT-Informed Therapy

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