



Washington State Society for Clinical Social Work

2009 SHORT COURSE



DATE

Saturday, March 21st

TIME

9am to 4:30pm

LOCATION

3876 Bridge Way North
Suite 200
Seattle, WA 98103

To Register

206-437-2590

jennifergross@comcast.net

Mail Form & Check To:

Jennifer Gross, LMHC
20006 Cedar Valley Road
Suite 204
Lynnwood, WA 98036

**6 CEU's for
participation**

We're on the web!

www.wsscsww.org

Using Dialectical Behavioral Therapy with Adolescents: Effective Strategies for Difficult to Treat Teens & Families

Instructor: Jennifer Gross, LMHC

Course Fee: WSSCSW Members \$175

New Professionals \$150

Students \$125

Non-members \$200

Continuing Education Credits: 6 hours CE

Course Size: 12

Requirements: Open to all clinician levels

Self harm, suicidal behaviors, eating disorders, drug abuse, and therapy noncompliance are just a few issues that DBT has successfully addressed. For many clinicians, implementing the full evidence based treatment is impractical in their setting. This training will highlight the core elements of DBT and discuss how to apply the concepts in more typical outpatient or private practice settings. It also addresses how to effectively involve families in treatment.

In the training, we will cover how to effectively frame challenging treatment issues, gain commitment and motivation to change from clients and their families, and set a plan in motion with skills based interventions to build new behaviors. DBT skills will be reviewed in a modified form suitable for youth and their families with handouts to take home.

Instructor Jennifer Gross, MA, LMHC has been working in Child Mental Health for over 20 years. Jennifer has worked extensively with children and adolescents with developmental disabilities, mood disorders, and severe behavioral disorders. Jennifer has been working for Children's Hospital Regional Medical Center in the Psychiatry and Behavioral Medicine Outpatient clinic since September 2001. A primary duty has been co-administering the Outpatient Adolescent Dialectical Behavioral Therapy Program for 13-18 year olds. Additionally, Jennifer has spoken extensively on DBT with adolescents at local, regional, and national conferences. Jennifer was employed as adjunct faculty in the Masters of Mental Health Counseling Program at Seattle University and Argosy University from 2002 through 2007. She currently works full time at Children's Hospital and has a small private practice.

Please return with your payment:

Name: _____ Degree: _____

Address: _____ Zip _____

Phone: _____ Email: _____

Current type of clinical work: _____