

**The Minnesota Psychological Association cosponsors Friday Forums
with Metropolitan State University Psychology Department**

FIRST FRIDAY FORUM

Friday, May 4, 2018

DBT Skills for Everyday Clients

Chris Wachholz, Psy.D., LP

Registration:

8:30 – 9:00 a.m.

Program:

9:00 a.m. – 12:00 p.m.

*This session is at the intermediate level
and is designed for psychologists and other
mental health professionals.*

Location:

Metropolitan State University – St. Paul Campus, Library 302
700 East Seventh St., St. Paul, MN 55106

About the Program:

This program qualifies for 3.0 continuing education credits.

Dialectical Behavior Therapy (DBT) is an empirically supported treatment developed by Marsha Linehan. DBT utilizes skills training in the areas of mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. DBT skills were developed by adapting many proven interventions from CBT, humanistic, and other therapies as well as some eastern mindfulness techniques.

This First Friday Forum is designed to provide a detailed overview of the skills teaching of DBT for patients with mental and behavioral health concerns. DBT addresses not just symptom relief, it is designed to help clients live more effective and fulfilling lives. These skills are highly useful and adaptable to general practice with clients who need help coping with emotions and distress, inserting choice rather than reactivity, and developing effective and need meeting interpersonal relationships.

Participants will be able to:

1. Describe the theory behind the practice of DBT skills training in therapeutic settings.
2. Select and utilize appropriate DBT skills with clients in independent practice while not engaging in the full service of DBT.

About the Presenter:

Chris Wachholz, Psy.D., LP, is a Clinic Lead at Mental Health Systems in Edina, MN. He has been providing DBT services for 12 years. In that time, he has facilitated a variety of group formats and provided individual therapy. He has also provided supervision and training to staff and students, including within MHS' APA Accredited on Contingency Doctoral Internship, the self-study for which he wrote. Dr. Wachholz is a licensed psychologist in Minnesota and a member of MPA and APA. Dr. Wachholz received is Psy.D. in Clinical Psychology from the Minnesota School of Professional Psychology at Argosy University.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

MPA First Friday Forum • May 4, 2018

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

If you register **by** April 20, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** April 20, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number: _____ Exp. date: _____ Security Code: _____

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Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

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LOCATION: Metropolitan State St. Paul Campus, Library 302

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

