Dialectical Behavior Therapy  April 20, 2018

Name:___________________________________ Degree: BA ☐ BASW ☐ MA ☐ MSW ☐ PhD ☐ Other ☐

Street Address:___________________________________________________________________

City:_____________________________ State:_________ Zip:_________________ Phone #:___________________

Email Address:___________________________________________________________________

Agency/Organization:_____________________________________________________________

Are you: Current UI Social Work Student ☐ Current UI Social Work Faculty/Adjunct ☐
         Current UI Field Instructor ☐                UI Social Work Alum ☐

Checks should be made out to the School of Social Work and sent to Attn: Jefri Palermo, School of Social Work, 308 North Hall, Iowa City, Iowa, 52242

No refunds after April 13, 2018. You can also register with a credit card online at http://www.signmeup.com/123503
James Burkhalter, MSW, LISW is a clinical social worker at the University of Iowa Hospitals and Clinics (UIHC) in Iowa City, Iowa, and is currently the Director of DBT Programming in the Department of Psychiatry. He earned his BA in psychology, BA in social work, and MSW at the University of Iowa. James provides individual DBT to clients and co-facilitates adolescent and adult DBT skills training groups. He has been employed at UIHC for more than ten years, and has extensive experience working with mental health patients in both inpatient and outpatient psychiatric settings.

James Burkhalter

**LEARNING OBJECTIVES**

- Learn core Mindfulness skills through the Three States of Mind, “What” skills, and “How” skills.
- Identify crisis survival and reality acceptance skills clients can use when tolerating painful emotions and urges.
- Describe goals of Emotion Regulation skills training.
- Explain to clients how they can keep and maintain healthy relationships, skillfully get somebody to do what they want, and maintain their self-respect.

**WORKSHOP FORMAT**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:00 – 9:30 a.m.</td>
<td>Introduction and Orientation to DBT</td>
</tr>
<tr>
<td>9:30 – 10:30 a.m.</td>
<td>Mindfulness Skills</td>
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<tr>
<td>10:30 – 10:45 a.m.</td>
<td>Break</td>
</tr>
<tr>
<td>10:45 – 12:00 p.m.</td>
<td>Distress Tolerance Skills</td>
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<tr>
<td>12:00 – 1:00 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 – 2:15 p.m.</td>
<td>Emotion Regulation Skills</td>
</tr>
<tr>
<td>2:15 – 2:30 p.m.</td>
<td>Break</td>
</tr>
<tr>
<td>2:30 – 3:45 p.m.</td>
<td>Interpersonal Effectiveness Skills</td>
</tr>
<tr>
<td>3:45 – 4:00 p.m.</td>
<td>Q&amp;A and Evaluations</td>
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</tbody>
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**COST & CEU’S**

Participants who complete the workshop are eligible for 6 contact hours of credit toward social work licensure.

For current University of Iowa social work students, adjuncts, and field instructors, the cost is $20. For all others, it is $70. Coffee and lunch are included.

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308 North Hall  
Iowa City, IA 52242

Or register online at [http://www.signmeup.com/123503](http://www.signmeup.com/123503)

For questions and concerns, please contact Jefri Palermo at 319-335-3750 or Jefri-palermo@uiowa.edu

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Jefri Palermo in advance at 335-3750.