



2017 Professional Education Series

Presents:

**HOW DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS CAN REDUCE  
EMOTIONAL DYSREGULATION AND IMPROVE REACTIVITY AMONGST  
ADOLESCENTS AND PARENTS**

Presented by:

**Christelle Buholzer, PC**

**Friday, November 3rd, 2017**

Geauga County Mental Health Board

13244 Ravenna Road

Chardon, Ohio 44024

Cost: \$25

8:30-8:45am	Registration
8:45-10:30am	Lecture Presentation
10:30-10:45am	Break
10:45-12:00pm	Lecture Presentation

**Participants will:**

- 1. Understand DBT biosocial theory**
- 2. Educate about the importance of understanding rational brain, wise brain, and emotional brain in DBT.**
- 3. Explain the significance of dialectics and balancing change with acceptance**
- 4. Learn and practice DBT skills to enhance emotional regulation and distress tolerance**
- 5. Develop understanding of how to utilize DBT with adolescents and with parents to improve daily living**

Family Pride of Northeast Ohio, Inc. is approved by the State of Ohio CSWMFT Board as a CEU Provider. This program will provide 3.0 CEU's.

RSVP to Jen at 440-286-1553 or [jemch@familyprideonline.org](mailto:jemch@familyprideonline.org)