

# DIALECTICAL BEHAVIORAL THERAPY

## in Substance Use Disorder Treatment



### Discover the Benefits of DBT for Individuals in Substance Use Disorder Recovery

#### TRAINER

Samantha Santamaria, LCSW, UCLA Integrated Substance Abuse Programs

#### DATES

Part 1 - Tuesday, January 23, 2024, 12:00 pm-3:15pm PST AND

Part 2 - Tuesday, January 30, 2024, 12:00 pm-3:15pm PST

**\*FULL PARTICIPATION IN BOTH PART 1 AND PART 2 IS REQUIRED FOR CREDIT\***

#### REGISTRATION INFORMATION

Registration link for Part 1 (you will be registered for Part 2 separately):

<https://uclahs.zoom.us/meeting/register/tJcufuquqzoiGNO-rPcp-sq2D9rX0Kmjw2Ye>

\*\*\*You will receive a confirmation email with a unique Zoom link upon registration. Please do not share your unique Zoom link.\*\*\*

#### INTENDED AUDIENCE

This 2-part, 6-hour live virtual training is free and is open to providers including:

- Psychologists
- LMFTs and LCSWs
- Registered Nurses
- Certified Substance Use Disorder Treatment Counselors
- Other Behavioral Health Specialists/Clinicians
- Clinical Supervisors/Clinical Trainers are encouraged to attend

Sponsored by: UCLA Integrated Substance Abuse Programs (UCLA ISAP), Pacific Southwest Addiction  
Technology Transfer Center (PSATTC), HHS Region 9



## **TRAINING DESCRIPTION AND CORE CLINICAL COMPONENTS**

Dialectical Behavioral Therapy (DBT) is a proven approach for treating substance use disorders (SUD). This training is designed to provide a detailed overview of the ways in which DBT enhances SUD treatment by providing tools for mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. DBT goes beyond traditional approaches, promoting self-acceptance, tackling co-occurring mental health disorders, and empowering individuals to prevent relapse. DBT fosters a holistic, evidence-based approach to addressing emotional and psychological factors contributing to substance misuse. DBT also places a special emphasis on long-term recovery, building engagement, trust, and collaboration while providing insights into managing triggers and cravings for sustained sobriety.



## **LEARNING OBJECTIVES**

At the end of this training, participants will be able to:

- Distinguish two (2) specific behaviors that DBT is designed to treat and the origins of DBT
- Describe the four (4) groups of skills utilized in DBT (Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance)
- Identify two (2) ways in which DBT skills can be useful for substance use disorders
- Apply one (1) specific DBT Skill pertaining to one of the four (4) DBT skills
- Explain two (2) specific ways in which DBT can be integrated into an SUD treatment setting



## **CONTINUING EDUCATION**

The training course meets the qualifications for the provision of six (6.0) continuing education credits/contact hours (CEs/CEHs).

UCLA Integrated Substance Abuse Programs (ISAP) is approved by the American Psychological Association to sponsor continuing education for psychologists.

UCLA ISAP maintains responsibility for this program and its content.



UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for up to six (6.0) hours of continuing education credit for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N- 00-445-1123), CATCs (ACCBC/CAADE, #CP40 872 C 0825), and CAODCs (CADTP, #151). UNR CASAT is an approved provider of continuing education credit for NCACs I/II and MACs through the National Association of Alcoholism and Drug Abuse Counselors (NAADAC, #98165). The training series is approved by the Hawaii State Department of Health's Alcohol and Drug Abuse Division for six (6.0) education content hours (CSAC, CCJP, CCS, CPS, CCDP-D, and CSAPA). This program is approved by the National Association of Social Workers -Hawaii Chapter NASWHI-CEP-005 for up to six (6.0) Social Work continuing education contact hour(s), zero (0) specifically in Ethics. Provider approved by the California Board of Registered Nursing, Provider #15455, for up to 6.0 contact hours. CE credit will be awarded within 6-8 weeks following the conclusion of the Part 2 training session. Partial credit will not be available for those participants who arrive either session late or leave early. Full participation in both Part 1 and Part 2 is required for CE credit.

The capacity for each training session is **40 participants**.

You will be notified if space has been reserved for you upon receipt of your online registration.

\*\*\*\*Please be sure you receive a confirmation email and do not share Zoom links with your colleagues\*\*\*\*

Please contact Victoria Norith by email (VNorith@mednet.ucla.edu) or phone (310-267-5408) if you have questions, concerns, special needs, or require additional information before registering for this 2-part DBT Training.

If you need a disability-related reasonable accommodation/alternative format for this event, please contact Victoria Norith by email (VNorith@mednet.ucla.edu) or phone (310-267-5408) at least 1 week before the training.



**Cancellation Policy:** Notice of cancellation must be made at least 72 hours in advance of the training by contacting Victoria Norith by email (VNorith@mednet.ucla.edu) or phone (310-267-5408). You can also cancel directly via Zoom.

### **Instructions for Filing a Grievance Concerning UCLA ISAP's Continuing Education Program:**

Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 10911 Weyburn Avenue, Suite 200, Los Angeles, CA 90024) or by phone (310-267-5397).

Alternately, you may contact Dr. Gloria Miele or Dr. James Peck, ISAP-affiliated doctoral-level psychologists responsible for program planning for the ISAP CE Program. Drs. Miele and Peck can be reached in writing at: 10911 Weyburn Avenue, Suite 200, Los Angeles, CA 90024 or by phone at: 310-267-5888 (Gloria Miele) or 310-267-5346 (James Peck).

**Funding Disclaimer:** Funding for this event was made possible (in part) by Cooperative Agreement #1 H79 TI080211 from the Substance Abuse and Mental Health Services Administration. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.