



Division of Mental Health and Addiction

INTEGRATING DIALECTICAL BEHAVIOR THERAPY WITH THE TWELVE STEPS TWO-DAY TRAINING

FACILITATORS



Bari K. Platter
MS, RN, PMHCNS-BC



**Osvaldo
"Ozzie" Cabral**
LPC, MA, CAC III

November 29 & 30, 2018

8 a.m.–4:30 p.m.

Limestone Health, Lafayette
4705 Meijer Ct., Lafayette, IN 47905

December 3 & 4, 2018

8 a.m.–4:30 p.m.

Limestone Health, Bloomington,
2100 Liberty Drive, Suite A,
Bloomington, IN 47403

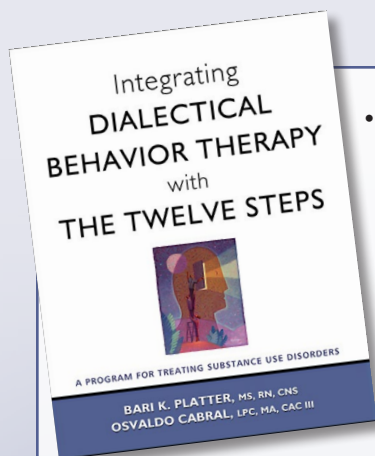
Questions? Contact Tony Toomer at
tony.toomer@fssa.IN.gov

This training is being made
possible through the

"Humanizing Campaign"

funded by the

"21st Century Cures Act"



- Understand the evidence-based practice trends related to DBT and Twelve Step Facilitation
- Identify the key concepts of DBT
- Compare the stages and targets of DBT with Twelve Step philosophy

- Understand the content within the *Integrating Dialectical Behavior Therapy with the Twelve Steps* facilitator's guide, session outlines and participant handouts
- Utilize the four modules from *Integrating Dialectical Behavior Therapy with the Twelve Steps* workbook: Mindfulness, Distress Tolerance, Interpersonal Effectiveness and Emotion Regulation

