

Workshop Qualifies for 6 CE Hours

Lauryn's Law and DBT Practices

by Lee Richmond and Martha Milli



Emotion dysregulation, typical of that which occurs with traumatic experience, frequently accompanies depression, alcohol and drug overuse, violence, and suicide in young people. By understanding simple DBT concepts and the use of exercises based on these concepts, school counselors can help students and their parents develop the strategies and skills necessary to reduce stress reactivity, balance emotions, solve problems, increase positive feelings, and become more effective in relationships. Exercises that increase stress tolerance skills and foster the use of executive functioning are the focus of this workshop. Resources for parents, teachers and students are included.

Saturday, March 2, 9 AM – 3:30 PM

Pre-registration: \$175 Members, \$185 Non-Members, \$95 Student Members

Late Registration: \$185 Members, \$195 Non-Members, \$105 Student Non-Members

Loyola University Graduate Center

2034 Greenspring Dr, Lutherville-Timonium, MD 21093



Lee J. Richmond, PhD, is a licensed psychologist in the State of Maryland, a Professor Emerita at Loyola University Maryland, and previously taught at Johns Hopkins University. Her books include co-editor of *Connections Between Spirit and Work*, co-author of *Soulwork: How to Find the Work You Love: How to Love the Work You Have*, and *What Brings You to Life?: Awakening Women's Spiritual Essence*.

Martha Milli, NCC, has been an educator with the Baltimore County School System for the past 31 years. Twelve of those years were spent as an Early Childhood Educator and the last nineteen years have been spent as an Elementary School Counselor. In addition, Ms. Milli is an adjunct instructor, teaching Techniques of Counseling at Loyola University in Maryland.



- PsyCoun has been approved by NBCC as an Approved Continuing Education Provider, ACEP No, 6813. PsyCoun is solely responsible for all aspects of the programs.
- Our certificates are accepted by the Maryland Board of Social Workers. NBCC requires us to use the term "CE Hours," and Social Workers call them CEUs, but they are the same thing.
- Membership in PsyCoun Institute costs \$20. If you plan to attend more than 2 workshops in a year, join for a discount on the cost.

Visit PsyCoun.com to become a member or to register online.

Mail-in Registration Form

Name:		Pay by: <input type="checkbox"/> Check <input type="checkbox"/> Credit Card
Email:		Name on card:
Organization:		Acct #:
Workshop Name:	Amt Paid:	Expr Date: _____ CSV: _____

Mail to: PsyCoun Institute, 3 Ansari Court, Baldwin, MD 21013