

**Workshop Qualifies for 2 CE Hours**

**Preventing Suicide and Self-Harming through DBT Practices**

*by Lee Richmond*



Emotional 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 Dialectic Behavior Therapy 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. These tools have proven effective in reducing suicidal ideation and self-harming tendencies.

**Friday, November 9, 10 AM – Noon**

Olney Charter High School

100 West Duncannon Avenue, Philadelphia, PA 19120



**Lee J. Richmond, PhD**, is a licensed psychologist in the State of Maryland where she works as a professor at Loyola University Maryland and previously 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*.



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