

**Workshop Qualifies for 6 CE Hours**

**Helping Traumatized Youth through 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, October 27, 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 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*.

**Martha Milli, NCC**, has been an educator with the Baltimore County School System for the past 27 years. Twelve of those years were spent as an Early Childhood Educator and the last fifteen 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](http://PsyCoun.com) to become a member or to register online.**

Mail-in Registration Form

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Workshop Name:	Amt Paid:	Expr Date: _____ CSV: _____

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