

Evidence-Based Mental Health Therapy Modalities: An Overview of CBT, DBT and MBT



• Diane Bigler, LCSW, LSCSW, ACSW and Owner of Diane Bigler Therapy Services

• Griffin Smith, LCSW, Psychotherapist, Coach, Consultant. Founder of Totus Intuor Counseling & Consulting, LLC.

Friday, February 25, 2022 | 9:00 AM – 3:00 PM ET

Live Stream Series (Online Synchronous Training)

\$64.99 Early Bird Registration

After February 11th registration is \$74.99

Please scan QR Code or register online at

www.ceucreationsinc.com



5 CREDIT HOURS APPROVED FOR:

- **Social Workers**
(ASWB ACE – 5 Clinical Hours; New York State Education Department's State Board for Social Work– 5 Contact Hours)
- **Case Managers**
(CCMC – 5 Contact Hours)
- **Nurses**
(CA Board of Registered Nursing – 5 Contact Hours)
- **Counselors**
(NBCC ACEP; NY State Education Department's State Board for Mental Health Practitioners - 5 Contact Hours)

Attendance or applied credit certificate available for other credentials.

Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTERS:

Diane Bigler; LCSW, LSCSW, ACSW
Owner, Diane Bigler Therapy Services, Inc.



Griffin Smith, LCSW
Totus Intuor Counseling & Consulting, LLC



FEATURED 2022 Sponsors!



TOTUS INTUOR
COUNSELING &
CONSULTING

Together, let's awaken a world you never knew

Additional information for each sponsor can be found in the 2022 CEU Creations Georgia Supporter Directory that will be provided to each registrant.

Evidence-Based Mental Health Therapy Modalities: An Overview of CBT, DBT and MBT



AGENDA

8:45 AM - 9:00 AM:	Log In and Virtual Networking
9:00 AM – 12:00 PM:	Session One, Diane Bigler; LCSW, LSCSW, ACSW <i>(includes 10 minute break)</i>
12:00 PM - 12:45 PM:	<i>Lunch and Sponsor Spotlight</i>
12:45 PM - 1:50 PM:	Session Two, Griffin Smith, LCSW, LSCSW <i>(includes 10 minute break)</i>

Clinicians require a vast array of therapeutic tools, approaches, and skills to provide evidence-based treatment to the patients and clients. In this full-day training, join expert clinicians for this introduction to Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Mentalization Based Therapy (MBT). Diane Bigler, LCSW, LSCSW, ASCW, will start the day with a brief overview and the major components of CBT and DBT. She will discuss the 6 Levels of Validation in DBT, evidence-based skills to incorporate into your professional practice, and case scenario examples to help provide context and additional clinical practice considerations. In addition, she will showcase skills that can be used in different clinical settings. In our second session, Griffin Smith, LCSW, will provide the history and origin of MBT, a better understanding of the core concepts of MBT, and how mentalizing can be useful in your professional practice and personal life. Attendees will gain evidence-based practice information and skills to incorporate into their everyday practice.

BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Explain Dialectical Behavior Therapy (DBT) and its application in clinical practice
- Recall and distinguish between the 6 Levels of Validation in DBT
- Describe good versus poor mentalizing and its respective impact on interpersonal relations and role in personality functioning
- Summarize the core concepts of MBT and articulate the theoretical rationale underpinning them
- Identify ways in which a focus on mentalizing can be useful in your life and work.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must login on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.


Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals – intermediate content level.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/2021-11/22/2024]. Social workers completing this course receive 5 Clinical continuing education credits.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 5 Clinical Hours:

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 5 contact hours.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucorationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date.

Evidence-Based Mental Health Therapy Modalities: An Overview of CBT, DBT and MBT



PRESENTER BIOS



Diane Bigler, LCSW, LSCSW, ACSW

Diane Bigler, LCSW, LSCSW is a Licensed Clinical Social Worker in Missouri and Kansas. She has over 20 years of experience in the social services field. Diane has held positions as a therapist (in-home and outpatient), private practice owner, trainer/facilitator, clinical supervisor, and Professor of Social Work. She also has experience in corporate wellness training and coaching. Diane is most passionate about providing quality educational trainings to professionals. She enjoys spoiling her four Dachshunds and anything 80's related.



Griffin Smith, LCSW

As a psychotherapist, consultant, and coach, Griffin founded Totus Intuor Counseling & Consulting with the aim of helping individuals and organizations discover greater connection to their world, bridging the gaps between what we experience internally to what we experience externally in our environment. He believes that the most profound and transformative experiences in life are driven by our ability to make these connections. As a licensed clinical social worker (LCSW), he specializes in the treatment of interpersonal dysfunction and relational difficulties for adults and adolescents.

Commonly, Griffin treats individuals with a history of personality disorder, complex trauma, and adolescent behavioral disorders. He earned a Master of Social Work degree (MSW) at Kennesaw State University in 2016 and a Bachelor of Science in psychology and music minor from Georgia State University in 2013. He trained in psychoanalytic theory and practice at Emory University Psychoanalytic Institute from 2018-2020, certifying in psychoanalytic theory. Griffin receives ongoing training and supervision in mentalization-based treatment (MBT) through the Gunderson Personality Disorders Institute at McLean Hospital, affiliated with Harvard Medical School and the Anna Freud National Centre for Children and Families.

Born in the Midwest and raised in the South (Atlanta, GA), Griffin feels most centered spending time with his wife and family, out in nature, and inside his own head, creating new ideas. Recently, he has been occupying much of his time learning and practicing the art of bonsai, while continuing a lifelong love of writing and playing music.