

Austin Child Guidance Center  
Professional Training:  
**Dialectical Behavior Therapy  
for Adolescents**



Dialectic Behavior Therapy for Adolescents (DBT-A) is an evidence-based treatment for teens who need support with confusion about self, impulsivity, lack of emotional control, interpersonal problems, and/or adolescent-family dilemmas. Teens with high-risk behaviors such as suicidal thoughts or attempts, self-injurious behaviors, or substance misuse have also been shown to benefit from the treatment. DBT-A is a comprehensive therapy aimed at building a life worth living and reducing factors that get in the way of enjoying life and achieving personal goals.

### Learning Objectives

- 1) Understand structure and functions of DBT treatment modalities
- 2) Improve knowledge pf biosocial theory, dialects, and risk assessment
- 3) Improve knowledge on DBT treatment strategies

# Presenter: Dr. Samantha Miller

Dr. Samantha Miller is a licensed psychologist who has been awarded American Board of Professional Psychology specialty certification in Child Clinical and Adolescent Psychology. Dr. Miller has completed Intensive Training for DBT-A (Linehan Institute/ Behavioral Tech.) In addition to her role as a practicing clinician, Dr. Miller is also a courtesy clinical assistant professor in the Department of Psychiatry at Dell Medical School, where she provides clinical instruction and supervision to doctoral candidates, fellows, and medical residents. In addition, she consults with psychiatric hospitals, outpatient mental health programs, and therapeutic schools around the implementation of evidence-based treatments.

## Dates\* Cost

Thursday, October 10, 8:30- 11:30am  
Thursday, October 24, 9-12:00pm  
\$100

\*Participants must attend both days of the workshop. Six hours (6) of continuing education are offered for clinical social workers, licensed professional counselors. ACGC is approved by the Texas Psychological Association to offer professional development credits for psychologists (TPA PD Endorsement number 2018-01).

Register online at [austinchildguidance.org](http://austinchildguidance.org)  
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