



## **DBT CASE CONSULTATION GROUP** **FOR CLINICIANS**

In outpatient practice, it can be very difficult to find time to participate in case consultation or supervision activities. Often, we are working independently or in small practices where there are few opportunities available to us. This leaves us vulnerable to burn-out, malpractice, or lack of satisfaction in our careers.

In addition, clinicians are continually pressured to practice evidence-based models, and to provide documentation that clearly reflects such practice. A very effective solution to both of these challenges is participation in a Dialectical Behavior Therapy (DBT) consultation group. This group will offer clinicians:

- ❖ **Group Supervision:** Opportunities to present and hear client cases discussed among professionals.
- ❖ **Consultation:** Participation in discussions around current best practice, ethical dilemmas, and other practical clinical topics.
- ❖ **DBT Skills training:** Ability to learn DBT skills and their applicability to specific populations such as adolescents, geriatrics, etc.
- ❖ **A Break:** Time to relax, have lunch, self-soothe, and network with other professionals.
- ❖ **DBT Skills Practice:** Increasing competency in teaching DBT skills to clients through personal practice.

DBT Case Consultation groups are held at 1476 West Main Street Lansdale, PA 19446 every other Wednesday beginning May 15<sup>th</sup>, 2013. Contact Dr. Suzanne Robison at (610) 247-6782 if you or someone you know would like to join our group.