

HCA presents DBT 101:

An Intro to Dialectical Behavior Therapy for Counselors

[REGISTER HERE](#)

January 19, 2017

5:30–7:00 p.m.

St. Thomas High School
4500 Memorial Dr.,
Houston, TX 77007

Beth L. Emmons, LCSW
The DBT Center of
Houston

Dialectical Behavior
Therapy has been
shown to:

–Increase adjustment
and positive self
esteem

–reduce suicide
attempts and self
injury, depression,
hopelessness, anger,
substance
dependence, and
impulsiveness

Learning Agenda:

Mindfulness Practice

Development of DBT

Biosocial Theory

States of Mind

Primary Components of DBT

Check-in/register 5:15–5:30 p.m.

\$10 members

\$35 non-members

