

April 17, 2025 at Noon Virtually

**Brief Introduction to DBT for Children
with Jessica Hayden, PhD Licensed Psychologist**

Dialectical Behavior Therapy for Children (DBT-C), an adaptation to Dr. Marsha Linehan's DBT model, is targeted towards treating children's caregivers, the child, and the adults in the child's extended environment to address severe emotional dysregulation, behavioral dyscontrol and associated mental health disorders. This hour-long introductory session will cover the basics of DBTC. Participants will learn target population for DBTC, the 3 intervention components of DBTC, and DBTC intervention objectives. A basic understanding of DBT is beneficial, though not required to attend this session.

Fee: NCPA Members - \$20.00; Non-members - \$45.00

Instructional Level: Basic

Educational Format: Lecture

Learning Objectives:

By the end of the institute, participants will be able to:

1. identify DBTC target population,
2. identify the 3 phase components of DBTC intervention, and
3. identify DBTC treatment objectives.



Instructor:

Dr. Jessica Hayden is an intensively trained Dialectical Behavior Therapist and former School Psychologist. She specializes in working with parents, children, teens, and adults who experience intense emotional dysregulation. In her free time, she enjoys cycling, hiking, reading, and spending time with her tiny dog Mochi.

Continuing Education Information: This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 1 hour of Category A credit.**

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

Citations: Available upon request.