



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



Milton Brown, Ph.D., Director, DBT Center of San Diego

Alexandria Murallo, Ph.D., Psychological Assistant, DBT Center of San Diego

Introduction to DBT Skills Training

Dialectical Behavior Therapy (DBT) is an evidence-based, cognitive-behavioral treatment developed for people with serious problems with emotions, many of whom have chronic suicidal and self-injurious behaviors and Borderline Personality Disorder. DBT incorporates virtually every CBT strategy found to be effective in helping people change their emotions and behaviors, including many strategies borrowed from other therapy approaches. This lecture will review and demonstrate a variety of DBT skills for emotion regulation. We will present several new coping skills that effectively help clients improve their emotion functioning by changing the activity of the autonomic nervous system.



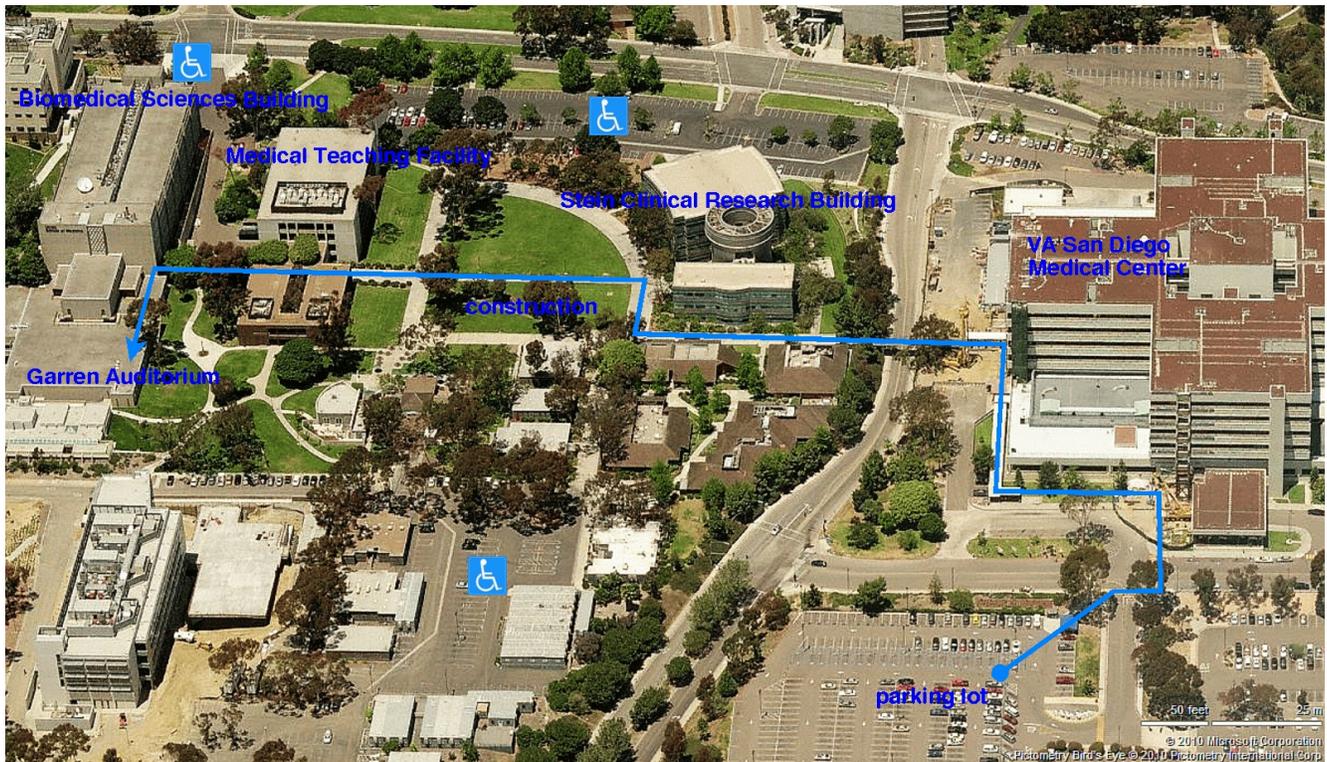
When Monday, 07 June 2010
6:00pm – 8:00pm

Where Garren Auditorium
Biomedical Sciences Building, Medical School Campus
University of California, San Diego
La Jolla, California

Dr. Brown is currently the director of the Dialectical Behavior Therapy Center of San Diego and an associate professor in the clinical psychology Ph.D. Program at the California School of Professional Psychology (Alliant International University) in San Diego. His research and clinical work focuses on 1) chronic self-injury and parasuicide, 2) Dialectical Behavior Therapy for borderline personality disorder, 3) emotion regulation strategies, 4) exposure and opposite action therapies, and 5) shame and its treatment. He has published primarily on the psychopathology and treatment of borderline personality disorder and suicidal behaviors.

Dr. Murallo received a Ph.D. in clinical psychology from Seattle Pacific University in 2009. She has worked in primary care, counseling centers, and in private practice conducting individual, group, family, and couples psychotherapy. She has specialized training in health psychology, and has considerable experience treating mood disorders, anxiety disorders, and eating disorders. She is currently registered in the state of California as a psychological assistant (PSB 34877), but is not yet licensed in California. Her clinical work is supervised by Drs. Milton Brown and Lisa Campbell.

There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side for detailed directions.* For information on parking with "Disabled Person" placards or license plates, see <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or the map overleaf.



Walking Directions to Garren Auditorium

Follow the DBSA San Diego signs with the blue arrows along the way.

1. Start in the **parking lot** and walk to the bus stop in front of the **VA San Diego Medical Center** (usually called the VA Hospital in La Jolla).
2. Walk **west** to the covered outdoor corridor, turn **right** and walk down that corridor (along the western edge of the hospital) until you turn **left** when you get to the footbridge crossing Villa La Jolla Drive. Walk over that footbridge.
3. Continue walking past the **Stein Clinical Research Building** (on your **right**).
4. To avoid the construction area, follow the sidewalk **right** and then **left** where the fence ends, continuing toward the **Medical Teaching Facility** building.
5. Walk under the overhead walkway connecting the two parts of **Medical Teaching Facility**, and continue until you reach the **Biomedical Sciences Building**.
6. Enter the large glass sliding doors and turn immediately **left** down a corridor, where there is a sign saying **Garren Auditorium** is in Room 1105.
7. Walk down the corridor, turning **right**, then **left**.
8. **Garren Auditorium** is down the first hallway to your **left**, Room 1105. You can enter at the bottom, where the lecturer is, or continue until you see a staircase going up on your **right**. This will take you to the top (back) of the auditorium.

Please note: The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7pm, so please be sure to arrive before then.