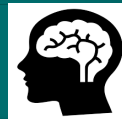


# Using Dialectical Behavior Therapy Skills in your Behavioral Health Practice



## DESCRIPTION

Dialectical Behavior Therapy skills have been studied empirically since the therapy was created. While initially created to treat those with Borderline Personality Disorder, these skills have been found to be efficacious with a variety of populations that practitioners encounter in their work. Learning the skills will enhance one's treatment repertoire and help clients achieve lives worth living. This training will introduce participants to the types of skills DBT teaches, the purpose of each category and some teaching techniques to facilitate getting clients to utilize these in their lives.

## OBJECTIVES

*Upon completion of this program, the participant should be able to:*

1. Identify the populations for which DBT Skills are appropriate.
2. Identify the types of skills used in Dialectical Behavior Therapy (BDT) and how to teach them.
3. Recognize the basic structure and different schedules to have an effective DBT skills training group.

## TARGET AUDIENCE

Counselors & Therapists, Social Workers, and any other interested healthcare professionals

**FEE** \$50 Consortium Member \$100 Non-consortium Member

Deadline to register: 9-3-2025

**Cancellations and Refund Policy:** Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.



Building and Supporting the Healthcare Workforce South Carolina Needs

To register please visit [www.scahec.net/learn/](http://www.scahec.net/learn/)  
login or scan QR code

For questions please call Kimberly Morris at  
843-777-5352

[kimberlymorris@mcleodhealth.org](mailto:kimberlymorris@mcleodhealth.org)



## Thursday, September 4, 2025

Check-In	8:45 am - 9:00 am
Program	9:00 am - 4:00 pm

## LOCATION

McLeod Medical Park West  
101 S. Ravenel Street  
Florence, SC 29506  
Suite 350

## INSTRUCTOR

Jane Hart Lewis, MS, LPC, LPCS, NCC, C-DBT

Ms. Lewis has formal training in Dialectical Behavior Therapy, Experiential Remapping, Re-decision Therapy and Cognitive Behavior Therapy. She has worked with adults, adolescents and children in her practice. Prior to opening Her private practice, Ms. Lewis worked for The South Carolina Department of Mental Health for 20 years.

Ms. Lewis has a master's degree in Applied Psychology from Francis Marion University and a bachelor's degree in Philosophy from The University of the South in Sewanee, TN. She is the first recipient of the Francis Marion University Department of Psychology's Professional Psychology Award.

## CREDIT

**AHEC:** This program is approved for 0.6 CEU's (6.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.

**Counselors and Therapists:** This program is approved for 6.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

**Social Workers:** Pee Dee AHEC as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 6.0 non-social work credit hours.