



12/11/24

Introduction to Dialectical Behavior Therapy

January 9 and 10, 2025

8:00 - 4:30

Fulton State Hospital
600 E. Fifth St., Fulton, MO

This introductory training will provide an overview of the Dialectical Behavior Therapy (DBT) model and explore the “adapt or adopt” dilemma. Participants will discuss creative strategies to maintain DBT's core elements. Applications in residential and inpatient settings for adults and adolescents with social and emotional dysregulation, intellectual disabilities, and severe mental illness will also be addressed, emphasizing the need for tailored interventions.

[Registration and information](#) for this training.

