

Training Background in Dialectical Behavioral Therapy

Amanda Pezzanite, LCSW-C was initially trained in DBT in 2014 by a team of therapists and psychiatrists (Rebecca Edelson, M.D., Shira Rubinstein, M.D., Patrick Mitchell, Psy. D., Amberlynn Kelleher, Psy. D., and Elissa Stieglitz, Ph.D.) at JLG-RICA who attended a 10-day intensive “train the trainers” training with Behavioral Tech. The training Amanda attended consisted of weekly one-hour trainings over the course of a year. (About 48 hours)

ADDITIONAL DBT TRAININGS (this list is not exhaustive):

Advanced Topics in DBT: The Art of Moving from Conceptualization to Exposure for Emotional Avoidance (Shari Manning and Annie McCall, Treatment Implementation Collaborative. 23.5 hours)

5 Day Jump Start in DBT (Shari Manning and Matt Ditty, Treatment Implementation Collaborative. 29 hours)

Changing Problematic Behaviors with DBT (Charlie Swenson. 6 hours)

Mindfulness Based Stress Reduction for Therapists (Rathbone and Associates. 25 hours)

DBT Supervision and Consultation Training (Alan Fruzzetti and Aditi Vijay, Center for DBT and Families. 7.5 hours)

Understanding Effective Supervision/Consultation in DBT (Shari Manning, Treatment Implementation Collaborative. 3 hours)

Conceptualizing Cases in DBT (Shari Manning, Treatment Implementation Collaborative. 4 hours)

Using DBT to Understand and Treat Self injurious Behavior (Judi Sprei. 6 hours)

DBT with Families (Erin Reddinger, DBT Center of Greater Washington. 1.5 hours)

Structuring the Environment- DBT Interventions for Parents (Patricia Harvey. 1.5 hours)

Accelerating Therapy with DBT interventions: Breakthrough Techniques with Your Toughest Clients (Britt Rathbone. 2 hours)

DBT with Multi-Problem Adolescents (Jill Rathus. 1 hour)

DBT Strategies for Challenging Clients (Julie Baron. 1 hour)

Adolescent DBT Turns 25! (Alec Miller and Jill Rathus. 1 hour)

When Chaos Reigns and Rains: Session Management with Dysregulated Families (Alan Fruzzetti. 1 hour)

Maximizing Mindfulness (Annie McCall, Treatment Implementation Collaborative. 4 hours)

ISITDBT 2021 (6.25 hours)

DBT with Parents, Couples and Families. (Alan Fruzzetti, Center for DBT and Families. 22 hours)

Chain Analysis and other DBT Techniques in Individual Therapy for Adolescents and Young Adults (Britt Rathbone. 3 hours)

ISITDBT2022 (6 hours)