

# Suicide Prevention Series: Practical Applications of Dialectical Behavior Therapy for Individuals at Risk for Suicide

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*Presented by Shawn Sidhu, MD*

## Date and Start Time

**September 1, 2015, 3:30 pm Eastern, 2:30 pm Central, 1:30 pm Mountain, 12:30 pm Pacific, 11:30 am Alaska**

\*Arizona (outside of Navajo Nation) is aligned with the Pacific times listed above due to Daylight Savings. Navajo Nation, you are still aligned with Mountain times above.

## Next Webinar

September 29, 2015, 2:00 pm Eastern, 1:00 pm Central, 12:00 pm Mountain, 11:00 am Pacific, 10:00 am Alaska

## Objectives

At the end of this presentation, participants will be able to:

1. Identify core principles of Dialectical Behavior Therapy.
2. Apply these principles to individual therapy.
3. Utilize practical and tangible skills in Dialectical Behavior Therapy for use in individual therapy.

## Target Audience

Educators, Health & Educational Administrators, Nurses, Nurse Practitioners, Counselors, Pharmacists, Pharmacy Technicians, Psychologists, Dentists, Physicians, Physicians Assistants, Social Workers, Allied Health Professionals.

## Registration

This presentation is open to everyone and no registration is required. Simply follow the instructions under "Connection Information" on the day of the presentation to be connected. There is no cost or travel required and 1 CME, CE or CEU credit per session will be provided for attending this webinar. Details on how to claim the credit will be provided during the presentation.

## Presenters Bios



**Shawn Sidhu, MD**, is an Assistant Professor, and is also involved with Attending Child and Adolescent Psychiatrist, and Children's Psychiatric Center. His education includes a fellowship, Child and Adolescent Psychiatry, University of California Los Angeles, Los Angeles, CA, Residency: Northwestern University, Chicago, IL, M.D.: Wright State University School of Medicine, Dayton, OH. His areas of special interest are Training and Education; Systems of Care including Juvenile Justice, School Based Mental Health, Interfacing with Primary Care, Rural Psychiatry, and Access to Care for Underserved Populations; Advocacy and Healthcare Policy; Psychodynamic Psychotherapy.

## Disclosure Statement

Shawn Sidhu, Financial — Author of CME questions for the American Psychiatric Association and FOCUS.

## Connection Information

1. Go to: <http://ihs.adobeconnect.com/sps>
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## Technical Assistance

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## Continuing Education Disclaimer

This activity has been approved to provide Continuing Education Units (CEU) by NM Counseling & Therapy Board through Dr. Avron Kriechman at the UNM Department of Psychiatry & Behavioral Sciences, Division of Community Behavioral Health.



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## Recording

All sessions are recorded for those unable to join them real-time; however, CME/CE credit is not available for viewing the recording. You can access previous recordings at: <https://www.ihs.gov/telebehavioral/index.cfm/seminararchive/>

## Website

For further information please go to our website.

<http://psychiatry.unm.edu/centers/crcbh/telebehavioral/continuingedbh/index.html>

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