

CALMING THE STORM: DISTRESS TOLERANCE SKILLS MADE EASY

By: Phil Stone LCSW

Phil is a nationally renowned public speaker and clinical skills trainer. He has given talks on implementing Dialectical Behavioral Therapy Skills (DBT), Celebrating Personality through Transactional Analysis (TA) for Teens and Families, Music and Recovery as well as Addiction Treatment. He has served as the Outpatient Services Coordinator for West Pines SCL Health for the past 12 years supervising all Outpatient Programs: Behavioral Health Intensive Outpatient (BHIOP), Chemical Dependency Intensive Outpatient (IOP), Partial Hospital Services, and TMS Transcranial Magnetic Stimulation. Phil is also an advocate for teens and youth in crisis serving on the Second Wind Fund Board of Directors. The mission of Second Wind Fund is to decrease the incidence of suicide in children and youth by removing the financial and social barriers to treatment. Phil is also a survivor of suicide grief and loss—his best friend in high school was overcome with depression and took his own life at Phil's home.

Phil has given presentations to a variety of audiences on a variety of topics from 2007-2017:

The Winter Symposium Addictions and Behavioral Health Conference in Colorado Springs-DBT Skills Training and Recovery Music (100+ Attendees)

NAADAC Imagine Recovery Symposium-San Diego - Recovery Music for Clinicians and Clients in Recovery

Clinicians obtaining continuing education credit at the Employee Assistance Program Association of Colorado-DBT Skills Training (50 + Attendees)

The Colorado Volunteer Association-Issues Facing the Elderly and How to Manage Volunteers (100 + Attendees)

Treatment of Methamphetamine Abuse (PESI – California) (50+ Attendees)

EDUCATIONAL OBJECTIVES

To explain the 4 Modules of DBT

List 3 Distress Tolerance Skills to manage a crisis

List 3 Radical Acceptance Skills and how to re-frame your life perspective

Calming The Storm is designed to provide clinicians and consumers alike with practical and evidence-based DBT skills to manage anxiety depression and suicidal ideation. These skills are broken down into very teachable and manageable parts that can be applied to day-to-day therapy sessions or day-to-day living. The skills are fun and interactive and engaging for clinicians and consumers.

Calming The Storm will provide skills for clinicians and consumers alike to offer hands-on approaches to assist with the treatment of depression and anxiety and suicidal ideation. This program of DBT skills has been highly successful at West Pines and treatment centers across the country for the past 15 years. Phil will engage participants in interactive experiential activities to help reinforce the learning process and engage his listeners.

DBT is evidence-based and effective in managing the treatment of depression, anxiety, co-occurring behavioral health and addiction disorders and personality disorders. This approach has been researched over the past 17 years and has withstood the test of time for validity and reliability for behavioral health treatment centers across the world. The ongoing researches available at: <http://behavioraltech.org/resources/whatisdbt.cfm>

- Linehan, M. M. (1993a). Cognitive Behavioral Treatment of Borderline Personality Disorder. New York: Guilford Press.
- Linehan, M. M. (1993b). Skills Training Manual for Treating Borderline Personality Disorder. New York: Guilford Press.
- Linehan, M.M. (2015). DBT Skills Training Manual (2nd ed.). New York: Guilford Press.
- Linehan, M.M. (2015). DBT Skills Training Handouts and Worksheets (2nd ed.). New York: