

A Collaboration between Psychology and Dance/Movement Therapy: DBT Skills Embodiment

Monday, March 18, 8:15PM – 9:30PM EDT

PRESENTATION DESCRIPTION

Dialectical Behavioral Therapy (DBT) is an evidenced based treatment used at the Department of State Hospital-Napa, one of the largest state hospitals in the United States. DBT treatment is utilized with many populations at the hospital including those with forensic commitments and civil commitments. Patients committed pursuant to PC 1026 Not Guilty by Reason of Insanity attend DBT groups to develop skills to promote successful reintegration to the community. Patients learn mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance skills to manage symptoms of their mental illness while developing strong skills and habits to adapt to life in the hospital and upon discharge. With DBT's structured approach, many patients can struggle with applying their new knowledge of the skills into day-to-day scenarios. Incorporating dance/movement therapy (DMT) and DBT skills, interdisciplinary staff attempt to promote right and left brain integration to help patients internalize and apply the approach holistically. Using DMT skills and expressive arts therapy interventions, staff attempt to incorporate fundamentals of neurobiology and embodied approaches to move theory into practice.

LEARNING OBJECTIVES

1. Participants will recall a brief overview of DBT Skills Training coursework.
2. Participants will describe two ways in which Neurobiology approach of psychology enhances DMT theory.
3. Participants will identify two DMT interventions of an embodied approach to learning DBT Skills.

CONTINUING EDUCATION

1.25 ADTA CE; 1.25 NBCC CE

PRESENTER INFORMATION



Kali Skodack, MA, BC-DMT, APCC a Board-Certified Dance/Movement Therapist and Associate Professional Clinical Counselor working at California Department of State Hospitals-Napa. She provides individual therapy and therapeutic, leisure, and trial competency groups integrating movement to patients found Incompetent to Stand Trial and Not Guilty By Reason of Insanity. She is active in hospital committees including Trauma Informed Care, LGBTQIA+, and Sports League. Kali currently serves as the Secretary on the CCADTA Board. Kali brings a commitment to social justice to her work as well as a passion for creativity and mind-body connection to the therapeutic process.



Alicia Brewster, MA, BC-DMT works as the Program Assistant for Rehabilitation Therapy Services (RTS) at the Department of State Hospitals in Napa, CA (DSH-N); which is one of the largest psychiatric forensic state hospitals in the US. RTS runs expressive art therapy treatment groups for patients in art, dance/movement, music, occupational and recreation therapies. Additionally, Alicia serves as the Vice President for the CA Chapter of the ADTA. She finds creativity and inspiration through directing her dance company, Bay Area Dancers in her free time.



Brittany Cunningham, Ph.D has extensive experience treating and assessing juveniles and adults in forensic, outpatient, and private practice settings. Dr. Cunningham has over 10 years experience conducting assessments utilizing objective personality, academic, intellectual, projective personality, malingering, competency, and risk measures. She's collaborated with an interdisciplinary network of professionals to develop recommendations informing case disposition, placement, and treatment. At DSH-Napa, Dr. Cunningham works as a unit psychologist at the state's only Intensive Substance Recovery Unit. Dr. Cunningham is the lead trainer for a research-based training program providing education and intervention techniques utilizing a trauma-informed care approach.