

# DBT Virtual Workshop Series

July – September, 2020

## Trainer Biographies

### **Lesley Baird Chapin, Psy.D.**

Lesley Baird Chapin, Psy.D. is the Vice President of the Pauquette Center for Psychological Services and the Dialectical Behavior Therapy trainer for the Department of Corrections. Dr. Chapin received her doctorate in clinical psychology from the University of Denver in 2009. She completed her internship at CMC-Randolph Behavioral Health in Charlotte, North Carolina, and her post-doctoral supervision with the Wisconsin Department of Corrections. She has practiced DBT and clinical psychology in inpatient, outpatient, residential, correctional and forensic settings with adolescents, adults, and families since 2006 and has specific training and experience applying DBT with individuals who have experienced trauma. Dr. Chapin is a board certified DBT clinician, certified by the Linehan Board of Certification, the only certification body sanctioned by the creator of the treatment. Dr. Chapin has been providing DBT training for mental health professionals, medical professionals, and support professionals since 2014.

### **Neal Moglowsky, LPC**

Neal Moglowsky received his Master's degree in Educational Psychology from the University of Wisconsin in Milwaukee and is a Licensed Professional Counselor. He has been working as a psychotherapist since 1995. He has received advanced training in the treatment of anxiety disorders, Post-Traumatic Stress Disorder, Obsessive Compulsive disorder, Panic Disorder, and problems regulating emotions resulting in impulsivity. He has been intensively trained in Exposure Response Prevention for the treatment of anxiety disorders as well as Dialectical Behavior Therapy (DBT) for difficulties regulating emotions and has been conducting DBT skills training groups since 1997. He is the clinical coordinator of the DBT program at the Center for Behavioral Medicine. He also has a interest in integrating mindfulness practices into his clinical work to help increase self-awareness and teach clients how to better control their focus and attention. Neal has an infectious sense of commitment and motivation to the health of the clients he works with. His goal is to empower his clients let their values and ethics drive their life choices rather than their emotions and impulses.

### **Melissa Skrzypchak, MSSW, LCSW**

Melissa Skrzypchak, MSSW, LCSW, has over 17 years of experience in partnering with her clients to help them build their best lives. She is one of only a few therapists, in the state of WI, with the Dialectical Behavioral Therapy (DBT) Linehan Board of Certification. In addition to providing comprehensive DBT, Melissa has also had intensive training in Radically Open Dialectical Behavioral Therapy (RO DBT) for persons who have overcontrol tendencies associated with chronic, treatment resistant depression and anxiety. Areas of speciality include borderline personality disorder, obsessive compulsive personality disorder, depression, anxiety and post traumatic stress disorder.

Melissa provides mental health counseling in a private practice setting to individuals and groups, ages 12 and up. She also has previously worked for several years on an inpatient behavioral health unit. In her free time, she enjoys traveling the around the world and spending her time with family.

### **Kim Skerven, Ph.D.**

Kim Skerven, Ph.D. is a Licensed Psychologist specializing in Dialectical Behavior Therapy (DBT). She is a Certified Clinician through the DBT-Linehan Board of Certification. Dr. Skerven provides individual DBT, conducts DBT skills training groups, and provides DBT supervision.

### **Henry Boeh, Ph.D.**

Henry Boeh is a certified DBT clinician through the DBT-Linehan Board of Certification, and a licensed psychologist. He works with both adult and adolescent clients, and is the team leader of the Center for Behavioral Medicine Adolescent DBT Program. Henry is passionate about delivering adherent and comprehensive DBT treatment, and teaching others to do the same.

