

**Pilot Therapy - DD, MI, BPD, DBT, PBSP: Letters That Spell Hope
(Two-Part Session)**

Presenters: Joanne Williamsen & Susan Voss

Intended audience: Workers who support persons with intellectual disabilities who also have features of borderline personality disorders

Pilot Therapy, an emerging and effective treatment approach, designed to improve the behavioral and emotional functioning of adults with Dual Diagnosis. Pilot Therapy is rooted in both Dialectical Behavior Therapy and the Pessio Boyden System Psychomotor method. This treatment approach maintains Positive focus, while respecting the learning styles of concrete thinkers.