

Speaker

John Lothes, M.A., LPA, LCAS-A, is a licensed psychological associate in Wilmington, North Carolina. As a clinician, John was hired by Delta Behavioral Health in 2008 to help start up and run their Dialectical Behavioral Therapy based partial hospital program and a DBT-based substance abuse intensive outpatient program (SAIOP). Since 2008, John has provided supervision to interns that have been trained in the partial hospital program and the SAIOP, teaching them how to apply DBT skills to their therapy. John also incorporates DBT into his individual practice working with a number of disorders. John was introduced to DBT during his internship at the New Hanover County Behavioral Health Hospital, an inpatient facility where he eventually led DBT groups in both their inpatient partial hospital program and substance abuse program. While on internship, in August of 2004, John spent a week training on DBT with Dr. Linehan at the New England Education Institute in Cape Cod, MA.

John is a part-time faculty member at University of North Carolina Wilmington in the Department of Psychology and the Department of Health and Applied Human Sciences. He has published research on mindfulness and the cultivation of mindfulness in individuals. He continues to research mindfulness and is conducting research on DBT and the reduction of perceived suffering in partial hospital patients. John is also an Ed.D. candidate at the University of North Carolina Wilmington.

Speaker Disclosure:
Financial: John Lothes II has an employment relationship with Delta Behavioral Health. He receives a speaking honorarium from PESI, Inc.
Non-financial: John Lothes II has no relevant non-financial relationship to disclose.

Course Highlights

- Use DBT flexibly, creatively and effectively for a variety of clients
- Build a foundation of DBT competency
- Integrate DBT skills into individual and group therapy
- Use case examples as a guide for effective application of skills in clinical situations
- Learn DBT “inside-out” from theory to application
- Practice streamlined diary cards and chain analysis protocols



Questions? Call customer service at **800-844-8260**

Course on CD or DVD Package:
You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the conference manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy:
If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another conference, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.


Course Schedule (Both Days)
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Target Audience:
Counselors • Psychologists
Psychotherapists • Social Workers
Marriage & Family Therapists
Addiction Counselors • Case Managers
Mental Health Professionals • Nurses



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

Have a seminar idea? A manuscript to publish?
The nation's top speakers and authors contact PESI first.
If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.



Shame Shields

BRENÉ BROWN, Ph.D.

1 CE HOUR

HURRY OFFER EXPIRES October 15, 2018

www.pesi.com/brown-shame

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit www.pesi.com/inhouse



2-Day Intensive Training



This course counts towards the educational requirements when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI)

INDIANAPOLIS, IN
Monday & Tuesday
November 5 & 6, 2018

Register now! pesi.com/express/65183



2-Day Intensive Training

- Use DBT flexibly, creatively and effectively
- Make this complex model work for a variety of clients
- Integrate DBT skills into individual and group therapy
- Take home many client resources and worksheets
- Practice streamlined diary cards and chain analysis protocols



This course counts towards the educational requirements when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI)

INDIANAPOLIS, IN
Monday & Tuesday
November 5 & 6, 2018



A Non-Profit Organization Connecting
Knowledge with Need Since 1979

Register now! pesi.com/express/65183

Dialectical Behavior Therapy (DBT) Certificate Course: 2-Day Intensive Training

Dialectical Behavior Therapy (DBT) is an empirically validated approach for working with mental health, chemical dependency, and complex co-morbidity. Designed to empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness, DBT assists clinicians in treating clients with emotional problems, suicidal, self-harm, and self-sabotaging urges and behaviors, and challenging interpersonal styles.

Attend this 2-day certificate course and receive a detailed understanding and foundation of the skills of Dialectical Behavior Therapy (DBT) as applied to clients with mental health and chemical dependency issues. Going beyond symptom management, these skills are designed to improve functioning to build satisfying lives.

This course explores DBT's theoretical basis, specific DBT interventions, and how to teach skills in individual and group settings. Familiarity with these skills and techniques along with experiential exercises will enhance your clinical skills and professional development.

Guided by the latest research and policy in evidence-based practices, this course teaches the clinical process and content of DBT from theory to practice. Going beyond prescriptive applications, this course shows you how to use essentials such as validation, dialectical strategies, communication styles, and the best ways of changing behaviors in order to effectively balance acceptance and change with your clients. Complete with education on user-friendly diary cards and chain analysis protocols, you will leave this conference with increased DBT competency as well as many new tools including client worksheets to bring to your clinical practice.

Objectives

1. Integrate the theory and techniques of DBT into your clinical practice.
2. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness.
3. Incorporate how to integrate DBT skills for individual and group therapy treatment.
4. Utilize DBT skills for treating mental health symptoms, chemical dependency and complex co-morbidity.
5. Designate additional tools and resources for implementing DBT in a clinical setting.
6. Articulate a variety of strategies for teaching DBT skills to clients.
7. Recommend how to seamlessly integrate DBT skills into individual therapy.
8. Discriminate the DBT model from cognitive-behavioral, client-centered, and other treatment modalities.
9. Practice a multi-layered approach to validation of clients' thoughts and feelings.
10. Employ DBT diary cards and chain (change) analysis in clinical practice.
11. Propose how to operate with consultative groups and treatment teams.
12. Assess and manage self-injurious and suicidal behaviors with clear protocols and safety plans.

Earn Your
Certificate
Today!

Certificate of completion will be awarded at the end of the course

This course meets the educational requirement when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVCICI)

Outline

History & Philosophy of DBT

Dialectics explained

Core philosophies in practice

Skills training techniques

Mindfulness Skills

Grounded in the present while being connected to past & future

Using core skills to achieve "Wise Mind"

Learn classic and innovative mindfulness skills

Mindfulness exercises

Distress Tolerance Skills

Building frustration tolerance

Utilizing crisis survival strategies and plans

Learn classic and innovative Distress

Tolerance skills

Distress Tolerance exercises

Emotional Regulation Skills

Understanding emotions and reducing vulnerability

Incorporating self-care, opposite action and building positive experience

Learn classic and innovative emotional regulation skills

Emotional regulation exercises

Interpersonal Effectiveness Skills

Balance in relationships

Objective, relationship and self-respect effectiveness

Learn classic and innovative interpersonal effectiveness skills

Interpersonal effectiveness exercises

DBT in Practice

Understanding how therapy works: The Contextual Model

Evidence-based practice

Maximizing therapeutic factors, DBT-style

Essential elements and functions of DBT revisited

Structure Therapy

Structure as a therapeutic factor

Structuring the therapy environment

Identifying treatment targets: suicidality, self-injurious behavior (SIB), therapy-interfering behavior (TIB), and other targets

Validation

Levels of validation

Validation as an informal exposure technique

Best Methods of Changing Behaviors

Self-monitoring with the diary card

Behavioral contingencies

DBT-style cognitive interventions

Behavior Chain (Change) Analysis

Communication Styles: Reciprocal and Irreverent Consultation Group

Increase your motivation

Develop effective responses

Qualities of effective treatment teams

Next Steps: Develop Your Proficiency in DBT

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

INDIANA COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

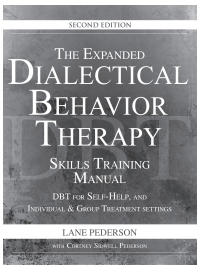
NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

DON'T FORGET TO SAVE BY INCLUDING THESE PRODUCTS WITH COURSE REGISTRATION



The Expanded Dialectical Behavior Therapy Skills Training Manual, DBT for Self-Help and Individual & Group Treatment Settings, 2nd Edition

By Lane Pederson, Psy.D., LP

Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.

Dialectical Behavior Therapy Skills Training with Adolescents: A Practical Workbook for Therapists, Teens & Parents

By Jean Eich, PSYD, LP

A comprehensive training manual filled with age-relevant skills explanations, examples, activities and applied worksheets for real-life situations. Separated into three easy-to-use parts; the therapist section focuses on practical DBT strategies and guidance to balance therapy with parents.

LIVE COURSE CONTINUING EDUCATION CREDIT INFORMATION

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

ONLINE
pesi.com/express/65183

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI
PO BOX 1000
Eau Claire, WI
54702-1000

2 Check conference(s): (make copy for your records)

INDIANAPOLIS, IN	
Hilton Garden Inn Indianapolis NW 6930 Intech Blvd • 46278 (317) 288-6060	
<input type="checkbox"/> November 5 & 6, 2018	<input type="text" value="65183IND"/>

PLEASE RETURN ENTIRE REGISTRATION FORM

Register now!
pesi.com/express/65183

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required.* *Cannot be combined with other discounts.*

DIALECTICAL BEHAVIOR THERAPY (DBT) CERTIFICATE COURSE: 2-DAY INTENSIVE TRAINING

1 Please complete entire form (to notify you of conference changes):
please print; staple duplicate forms.

Mail Code:

See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

For your convenience, confirmations are sent via email.

3 Check tuition: (includes manual)

☐ **\$399.99** per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together

☐ **\$439.99** standard tuition per person

Add-On Products

Distributed at seminar—FREE SHIPPING!

☐ **\$34.99*** *The Expanded DBT Skills Training Manual, 2nd Edition*

☐ **\$29.99*** *Dialectical Behavior Therapy Skills Training with Adolescents* workbook

**Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR*

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

*(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)*

*(*American Express: 4-digit # above account # on face of card.)*



FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2018 PESI, Inc.

MS

CAN'T ATTEND THE CONFERENCE? See below for individual product orders

Dialectical Behavior Therapy (DBT) Certificate Course:

2-Day Intensive Training

— **DVD*** (video) \$299.99 (RNV051990)

— **CD*** (audio) \$269.99 (RNA051990)

— **The Expanded DBT Skills Training Manual, 2nd Edition*** \$34.99 (PUB084840)

— **Dialectical Behavior Therapy Skills Training with Adolescents** workbook* \$29.99 (PUB082790)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____