

Speaker

**Brad Simpson, DSW, LCSW,** is intensively trained in Dialectical Behavioral Therapy (DBT) from Behavioral Tech and is currently the Executive Director at Sunrise Residential Treatment Center, a fully adherent DBT program. Dr. Simpson specializes in working with families, couples and individuals in acute inpatient, intensive outpatient, outpatient and residential settings. Apart from his ambition and passion for working at Sunrise RTC over the last 13 years, Brad avidly enjoys activities outside of his career such as running, mountain biking, weightlifting, longboarding and spending time with his family. He is also an enormous spectator of all sports.

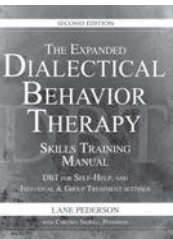
Additionally, Dr. Simpson teaches courses at Brigham Young University, Idaho. He received his Doctoral Degree in Social Work from the University of Tennessee, a Master’s Degree in Social Work from the University of Utah and a Bachelor’s Degree in Social Work from Brigham Young University, Idaho. He has recently completed a four-day mindfulness training with Marsha Linehan, the founder of DBT.

Speaker Disclosure:  
Financial: Dr. Brad Simpson is an adjunct faculty member at Brigham Young University-Idaho. He is the Executive Director at the Sunrise Residential Treatment Center. Dr. Simpson receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Brad Simpson has no relevant non-financial relationships to disclose.

Objectives

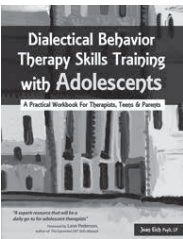
- 1. Integrate the theory and techniques of DBT into your clinical practice.
- 2. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness.
- 3. Incorporate how to integrate DBT skills for individual and group therapy treatment.
- 4. Utilize 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.

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



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

Brad Simpson, DSW, LCSW, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

Target Audience:

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

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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.

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

This course counts toward the educational hours required for certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI).

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.

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

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

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.

LIVE COURSE CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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](mailto: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.

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**NORTH CAROLINA 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.

**SOUTH CAROLINA COUNSELORS, MARRIAGE & FAMILY THERAPISTS AND PSYCHO-EDUCATIONAL SPECIALISTS:** This program has been approved for 12.5 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**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.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

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**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](http://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.

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