

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 towards the educational requirement when applying 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

Questions? Call customer service at 800-844-8260

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!

BECOME CERTIFIED!



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

Visit evgci.com for the full certification requirements.

Satisfaction 100% Guaranteed



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. Limited seats available; advance online registration required.

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Dialectical Behavior Therapy (DBT) Certificate Course

2-Day Intensive Training

MANCHESTER, NH
Wednesday & Thursday
August 21 & 22, 2019

BURLINGTON, VT
Monday & Tuesday
August 26 & 27, 2019

Register now! pesi.com/express/72388

Dialectical Behavior Therapy (DBT) Certificate Course

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

MANCHESTER, NH
Wednesday & Thursday
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BURLINGTON, VT
Monday & Tuesday
August 26 & 27, 2019

PESI®
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Become CDBT Certified!
Details Inside

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

Speaker

Andrew Bein, Ph.D., LCSW, has, for 20 years, been implementing mindfulness-based practices and Dialectical Behavior Therapy at a variety of practice settings. In a manner responsive to clinician, client and contextual realities, he has launched and contributed to DBT integration at the following settings: community mental health, outpatient dual diagnosis, women’s substance abuse, crisis residential, and high school and he has incorporated DBT into his private practice for individual and group treatment.

In addition to being a nationwide speaker, Dr. Bein is Professor Emeritus at Sacramento State University. His seminars blend evidence-based and practical-based guidance with compassion, humor and clarity, reflecting his deep commitment to directly modeling positive clinician practice. His latest book, Dialectical Behavior Therapy for Wellness and Recovery: Interventions and Activities for Diverse Client Needs, illustrates how DBT can be integrated into clinical practice for profound client change.

Speaker Disclosure:

Financial: Andrew Bein has an employment relationship with Sunburst Project. He is an author for John Wiley and Sons and receives royalties. Dr. Bein receives a speaking honorarium from PESI, Inc.

Non-financial: Andrew Bein has no relevant non-financial relationship to disclose.

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
Occupational Therapists • Occupational Therapy Assistants

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” on this brochure 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 profession’s standards.

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

ADDITIONAL 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.

NEW YORK ADDICTION PROFESSIONALS: This course has been approved by OASAS for 12.5 clock hours toward initial Credentialing for CPP Section # 4 or Renewal for CASAC, or CPP or CPS. Board required certificates will be sent after the program.

NEW YORK PARTICIPANTS ONLY: To receive a special OASAS certificate, while completing the online post-test/evaluation, please answer YES to the question: “Are you a New York Addictions Counselor and need the special OASAS certificate?” and include your complete license number when you are prompted. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to create your OASAS certificate. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

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.

MAINE 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.

NEW HAMPSHIRE 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.

NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MH-C-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT COUNSELORS: This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

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.

NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

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OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 12.5 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

VERMONT PSYCHOLOGICAL EXAMINERS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72388.

SOCIAL WORKERS: PESI, Inc. #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

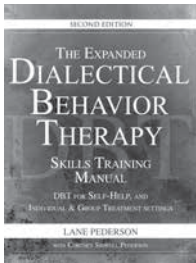
NEW HAMPSHIRE SOCIAL WORKERS: This intermediate activity consists of 12.5 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. 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.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT SOCIAL WORKERS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72388.

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

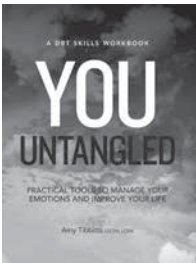
By Lane Pederson, Psy.D., LP

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.

You Untangled
Practical Tools to Manage Your Emotions and Improve Your Life

By Amy Tibbitts, LSCSW, LCSW

If clients have been diagnosed with Borderline Personality Disorder (or BPD), experience emotional suffering or simply have difficulty managing emotions, You Untangled can help. With the compassionate guidance and practical skills presented in this workbook, clients can conscientiously create a path toward the healthy, happy and fulfilling future.



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

How to Register:

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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. *Limited seats available; advance online registration 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.*

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

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

☐ **\$24.99*** *You Untangled* book

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2-Day Intensive Training

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

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