

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

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**Course on CD or DVD Package:**  
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John Lothes, M.A., LPA, LCAS-A, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

**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

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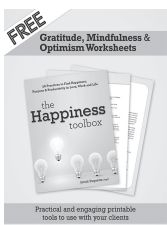


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Dialectical Behavior Therapy (DBT) Certificate Course

2-Day Intensive Training



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Monday & Tuesday  
September 16 & 17, 2019

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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

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CDBT  
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Details Inside



# 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.

## 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

## 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](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 profession's standards.

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**COUNSELORS:** Dialectical Behavior Therapy (DBT) Certificate Course; 2-Day Intensive Training has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-SP-3204. PESI is offering this activity for 12.75 clock hours of continuing education credit.

**TENNESSEE 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.

**KENTUCKY MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

**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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**ADA NEEDS**  
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**WALK-INS**  
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**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

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Distributed at seminar—FREE SHIPPING!

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

☐ **\$19.99\* The DBT Deck for Clients and Therapists** card deck

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

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## 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!**