

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 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 seminar 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 diary cards and chain analysis protocols

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.

Steve Girardeau, Psy.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.



This course counts toward the educational hours required for certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI). Visit [evgci.com](http://evgci.com) for the full certification requirements.

Conference on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar 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](http://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 seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



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Dialectical Behavior Therapy (DBT) Certificate Course

2-Day Intensive Training

TIMONIUM, MD  
Thursday & Friday  
September 12-13, 2019

FAIRFAX, VA  
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 diary cards and chain analysis protocols

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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

Conference 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.

Speaker

Steve Girardeau, Psy.D., is the director of clinical services for Mental Health Systems (MHS), one of the largest DBT-specialized practices in the Midwest. He has overseen the care of thousands of clients including clients with co-morbid major mental health and personality disorders. Dr. Girardeau has worked in non-profit community mental health clinics, in private practice and in multi-clinic settings. He has been a therapist for over two decades, specializing in providing clinical services to clients with serious and persistent mental health diagnoses as well as personality and chemical use disorders. Dr. Girardeau served as the president of the Minnesota Psychological Association in 2017 and is active in that organization’s executive committee, governing council, and legislative and payer committees. He is also a member of a number of advocacy and policy committees and advisory groups in Minnesota. Dr. Girardeau is also politically active in the service of psychology and the needs of clients as the head of the MPA PAC, a political action committee for the state of Minnesota.

Dr. Girardeau has worked as a clinician, clinical director, training director, program supervisor and a clinical team consultant. He has provided trainings at regional conferences, local seminars and created training programs in the areas of DBT, abuse, crisis management and safety planning, clinical work with clients with personality disorders, and treatment of clients with dual disorders. He has helped develop and implement new programming for many of the above populations.

Speaker Disclosure:  
Financial: Steven Girardeau is the Director of Clinical Services of Mental Health Systems, PC. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Steven Girardeau is a member of the Minnesota Psychological Association.

Target Audience:

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

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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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**MARYLAND COUNSELORS:** This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors approves courses that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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**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 and Cortney Pederson, MSW, LICSW

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.

**The DBT Deck for Clients and Therapists: 101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships**  
Lane Pederson, Psy.D, LP

Filled with tips, ideas, calls to action, and brief exercises, these cards will be a daily go-to as you learn skills needed to enjoy the ups - and navigate the downs - of real-world life. And best yet, because skills take repeated practice, you cannot outgrow this deck, you can only grow with it! Filled with coping strategies, tools to accept change, self-soothing practices, ways to increase self-respect, and conflict resolution tips.

**You Untangled: Practical Tools to Manage Your Emotions and Improve Your Life**  
By Amy Tibbitts, LCSW, 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](mailto:info@pesi.com).

**How to Register:** **DIALECTICAL BEHAVIOR THERAPY (DBT) CERTIFICATE COURSE: 2-DAY INTENSIVE TRAINING**

**1 Please complete entire form** (to notify you of seminar changes):  
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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.

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- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](https://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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