

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 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.

Questions?

Call customer service at 800-844-8260



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



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DES MOINES, IA
Thursday & Friday
October 24 & 25, 2019

Register now! pesi.com/express/73878

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



This course counts towards the the educational requirement when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI). Visit evgci.com

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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.



Speaker

Jean Eich, PsyD, LP, is a licensed psychologist and has experience working in hospital, school, private practice, and community mental health settings. She has provided DBT services for 8+ years at the largest DBT clinic in the Minneapolis/St. Paul area. Dr. Eich has developed, facilitated, and coordinated DBT programming for adolescents and their parents. Additionally, she has written curriculum and facilitated programming for adults with mental illness and developmental delays and has helped to design and maintain studies examining clinical outcomes of DBT programs. Dr. Eich is an adjunct assistant professor in the Masters of Counseling and Psychological Services program at St. Mary’s University. She serves clients at her private practice, Maplewood Psychology, where she continues to assist adults and adolescents with a variety of mental health concerns.

Speaker Disclosure

Financial: Jean Eich has an employment relationship with Watercourse Counseling Center; Fairview Hospitals; and Maplewood Psychology. She is an adjunct assistant professor at Saint Mary’s University. Dr. Eich is an author for PESI Publishing & Media and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Jean Eich is a member of the American Psychological Association; and the Minnesota Psychological Association.

Jean Eich, PsyD, LP, 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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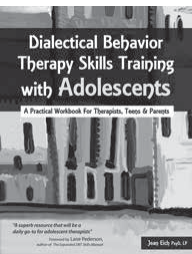
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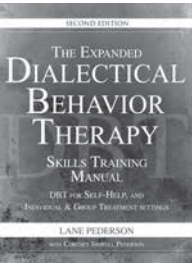
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By Jean Eich, PSYD, LP **YOUR PRESENTER**

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By Lane Pederson, PsyD., LP

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