

# Dialectical Behavior Therapy (DBT) Certificate Course

## 2-Day Intensive Training



FEATURING: **Lane Pederson, PsyD, LP, DBTC**

Internationally Recognized DBT Expert, Speaker, Author and Founder of the Dialectical Behavior Therapy National Certification and Accreditation Association

In this intensive DBT certificate Training, you'll master a fresh set of clinical tools and skills that will **transform your practice**. This course offers a collection of practical ways to integrate this empirically supported approach into your practice.



## Salt Lake City, UT

Tuesday - Wednesday, October 22-23, 2019

DoubleTree Salt Lake City Airport

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.



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# Earn your DBT Certificate

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 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

**QUESTIONS? Call customer service at 800-844-8260**

# The DBT Skills Training You have been waiting for!

## Do you have a client who everyone else has given up on?

They've seen multiple therapists, without the relief they want and deserve.

Maybe you feel stuck with this client — and at this point, even the client believes they are not capable of getting better.

## You can offer them hope...with practical interventions that are proven to WORK.

Evidence points to Dialectical Behavioral Therapy (DBT) as one of the most effective treatments for many chronic, recurring, and challenging mental health conditions including **personality disorders, suicidal thoughts, impulse control, addictions and more.**

There's nothing more rewarding than working with a client whom **other therapists have given up on, and seeing that client have a better life.**

That's why you became a therapist, to improve the lives of even your toughest clients.

Imagine having a fresh approach filled with empirically validated tools that can be applied in a flexible and fluid way to help your clients find relief from suffering and overcome their challenges.

This DBT certificate course will give you the skills and tools you need to see even your most challenging clients thrive.

## Lane Pederson, Psy.D., LP, DBTC



has provided Dialectical Behavior Therapy (DBT) training and consultation to over 10,000 professionals in the United States, Australia, South Africa, Dubai, Canada, and Mexico through his training and consultation company, Lane Pederson and Associates, LLC ([www.DrLanePederson.com](http://www.DrLanePederson.com)).

A real world practitioner,

Dr. Pederson co-owns Mental Health Systems, PC (MHS), one of the largest DBT-specialized practices in the United States with four clinic locations in Minnesota ([www.mhs-dbt.com](http://www.mhs-dbt.com)). At MHS Dr. Pederson has developed DBT programs for adolescents, adults, people with dual disorders, and people with developmental disabilities. He has served as clinical and training directors, has directed practice-based clinical outcome studies, and has overseen the care of thousands of clients in need of intensive outpatient services.

Dr. Pederson's DBT publications include *The Expanded Dialectical Behavior Therapy Skills Training Manual, Second Edition* (PESI, 2017); *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners* (Wiley, 2015); and *Dialectical Behavior Therapy Skills Training in Integrated Dual Disorder Treatment Settings* (PESI, 2013).

Notable organizations he has trained include Walter Reed National Military Hospital, the Federal Bureau of Prisons, the Ontario Psychological Association, the Omid Foundation, and *Psychotherapy Networker*. He has provided DBT training for community mental health agencies, chemical dependency treatment centers, hospital and residential care settings, and to therapists in forensic settings. Dr. Pederson also co-owns Acacia Therapy and Health Training ([www.AcaciaTraining.co.za](http://www.AcaciaTraining.co.za)) in South Africa. He serves on the advisory board for the doctoral counseling program at Saint Mary's University of Minnesota and is a peer reviewer for *Forensic Scholars Today*.

### Speaker Disclosure

Financial: Lane Pederson maintains a private practice. He is an author for PESI Publishing & Media and receives royalties. Dr. Pederson receives a speaking honorarium from PESI, Inc.

Non-financial: Lane Pederson has no relevant non-financial relationship to disclose.

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# Comprehensive Course Agenda

**COURSE HOURS EACH DAY\*: 8 a.m. to 4 p.m.** Registration and Morning Coffee & Tea at 7:30 a.m. Lunch Break (on your own) 11:50 a.m. to 1 p.m.

## 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

*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).*

\*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.

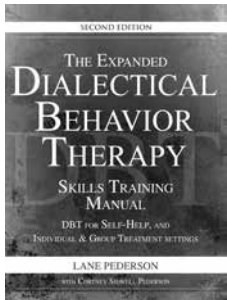
Lane Pederson, Psy.D., LP, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

**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.

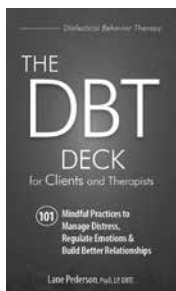
**\*DON'T FORGET TO SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE REGISTRATION\***



## ***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 **YOUR SPEAKER** 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***

By Lane Pederson, Psy.D., LP **YOUR SPEAKER**

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.

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# Get Certified!



## Become Certified in Dialectical Behavior Therapy

Don't miss out – after completing your CE hours, apply for Certification and take the final step to securing your place in a national registry of dialectical behavior specialists!

Certification lets you demonstrate your skills, your passion for Dialectical Behavior Therapy as a highly effective treatment modality – and helps the best professionals, like you, increase your referral rate and client load.

Gain the recognition you deserve, the employment you're seeking, the promotion you've earned.

## Becoming Certified in Dialectical Behavior Therapy (CDBT) is affordable and attainable.

It's easy! Go to [www.EVGCI.com](http://www.EVGCI.com) to complete the easy steps and Evergreen Certifications will **fast-track** your application!

EARN UP TO

**12**  
CE Hours!

Enroll Now  
Attendance  
is limited!

## Certificate 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.

**ADDICTION 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.

**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.

**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 PRACTITIONERS, AND 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., #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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



**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.

**QUESTIONS? Call customer service at 800-844-8260**

## THIS COURSE IS DESIGNED FOR:

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



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD/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.

**Seminar on DVD/CD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs/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.



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.**

# Dialectical Behavior Therapy (DBT) Certificate Course: 2-Day Intensive Training

October 22-23, 2019 • Salt Lake City, UT

## How to Register

### ONLINE

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### PHONE

800-844-8260

Please have credit card available

### FAX

800-554-9775

### MAIL

PESI, Inc.  
PO BOX 1000  
Eau Claire, WI  
54702-1000

### ADA NEEDS

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](http://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](http://www.pesi.com/students) or call 800-844-8260 for details.

*Advance registration required.  
Cannot be combined with other discounts.*

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### COURSE LOCATION

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## 2 Check Tuition (with Seminar Manual)

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- ☐ **Early Bird Tuition \$439.99** per person (postmarked 3 weeks prior to event) **-or-** for two or more people registering together.
- ☐ **Standard Tuition \$499.99** per person

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<b>The Expanded DBT Skills Training Manual, 2nd Edition book*</b> \$34.99 (PUB084840)	<input type="checkbox"/>	<input type="checkbox"/>
<b>The DBT Deck for Clients and Therapists*</b> \$19.99 (PUB085485)	<input type="checkbox"/>	<input type="checkbox"/>
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## 2-day Intensive Training



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*Excellent! Combined content with humor which kept the group involved. I really enjoyed Lane's "do what works" approach.*

- Adam (Swartz Creek, MI)

*Lane is a very well-spoken and informed presenter with a tremendous amount of expertise to share.*

- Marianne (Huntington Station, NY)

*I love the flexible approach. I have been in seminars for 40+ years and it is rare for me to stay with it for four days, but Lane did it!*

- Walter (Bloomington, IN)

*I learned a lot & the information was helpful as we went over the DBT stages, application of skills, nature and importance of the structure of this therapy, as well as Lane's expertise & evidence-based support of therapy. Watching Lane conduct DBT sessions was very helpful too.*

- Counselor (Denver, CO)