

4-day Intensive Certificate Course in Dialectical Behavior Therapy (DBT)



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



**San Antonio, TX
& Live Video Webcast**

Monday-Thursday, November 4-7, 2019
Norris Conference Center

This seminar meets ALL the educational requirement when applying for certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVCi).

Visit evgci.com for the full certification requirements.



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Earn your DBT Certificate

Dialectical Behavior Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most recognized and sought after therapies for a variety of difficult to treat client problems. The increasing pressure to adopt treatments that work makes DBT skills and strategies a must-have for all types of therapists.

For those who feel that pressure but fear becoming a “manual maniac”, relax. I will teach you how to follow the manual yet make thoughtful customizations consistent with evidence-based practices and always grounded in the therapeutic alliance. Covering DBT from theory to clinical application, including the use of diary cards, behavioral analysis, contingency management, and multi-layered validation, this certificate course welcomes those implementing DBT in standard and adapted ways as well as those wishing to simply add DBT skills and techniques to their eclectic or integrative style.

If you have felt limited or stuck with your therapy skills or ready to give up on certain clients, this certificate course will breathe new life into your work. You will leave ready to use the essentials of DBT listed above as well as skills from the Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness modules with your clients, enjoying new confidence in and effectiveness with your clinical skill set.

You'll be amazed at the difference you'll see in your clients and the confidence you'll gain in your practice.

Hope to see you in the training,

Lane Pederson, PsyD, LP, DBTC

PS... You'll learn so much more than just DBT techniques in this training! You'll learn to effectively utilize DBT in your practice and transform your patient outcomes.

Imagine the relief your clients will experience with this effective, break-through treatment.

Imagine the satisfaction you will feel knowing that your clients' transformation stems from effective DBT training, skill development, and practice.

Imagine the confidence you will have when treating even your most challenging clients.

It's time to begin the journey. . . and this intensive training is your first step.

Your satisfaction is guaranteed — register today.



**BECOME
CERTIFIED!**

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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.

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

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.

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).

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). 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) 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 & LIVE WEBCAST HOURS EACH DAY (CENTRAL): 8 a.m. to 4 p.m. Registration and Morning Coffee & Tea at 7:30 a.m. Lunch Break (on your own)

Foundations of DBT

The Story of DBT
Explicit focus on validation
Cognitive-behavioral change strategies
Skills training
Consultative approach
Mindfulness
Dialectical balance
Five functions of DBT
Is it DBT?: What's needed in a DBT clinical process

Dialectical Philosophy. What IS it, and HOW is it Used?

Dialectics explained
Dialectical assumptions
Dialectics in action
Dialectical Abstinence. When NOT to be dialectical

Core Assumptions of DBT: Shaping the Therapy

Acceptance and nonjudgmental stance
View of clients, therapist and therapy

DBT Models: Standard and Beyond

DBT Modes and Formats
DBT Research: Understanding and Context
Evidence-Based Practice versus Evidence-Based Treatments
Understanding how therapy works
Six decades of empirical research
Maximizing therapeutic factors, DBT-style

Biosocial Theory: Guiding the Therapy

Biosocial theory of difficulties
How theory drives therapy
Update to Theory: RO DBT

Getting Started: Therapy Structure

Structure as a therapeutic factor
Structuring the environment
DBT Stages
Identifying treatment targets: suicidality, self-injurious behavior (SIB), therapy-interfering behavior (TIB), and other targets

Special Populations and Settings

Children and Adolescents
Substance Use Disorders
Levels of Care

Mindfulness and DBT

Mindfulness explained
Mindfulness of the approach
Mindfulness as a therapy technique
Mindfulness in life

DBT Skills Training

Integrating skills into therapy
Using skills to develop new behaviors
Methods for skills training

Mindfulness: The Path to Wise Mind

What skills: observe describe, participate
How skills: nonjudgmental, one-mindful, effectively
Mindfulness practice and application

Teaching Dialectics

Identify dialectical dilemmas
Activate Wise Mind action
For adolescents and parents: Middle path
For substance use disorders: dialectical abstinence

Distress Tolerance

Wise mind ACCEPTS
IMPROVE the moment
Pros and cons
Radical acceptance/turning the mind

Emotion Regulation

Model of emotions
PLEASED
Build positive experiences
Opposite action

Interpersonal Effectiveness

FAST skills
GIVE skills
DEAR MAN skills

Supplemental and Updated Skills and Modules

Urge surfing
Bridge burning
TIP
DBT Clinical Process

Diary Cards

Standard
Adapted for special populations

Behavioral Analysis (Chain Analysis)

Getting the client on board
Build awareness and options
Bridging into solution analysis

Starting Out: Commitment Strategies Validation

A multi-layered approach
As an exposure technique
Used dialectically with change
Difference from normalization

Change Interventions

Behavioral principals
Contingency procedures
Best behavior change methods
DBT-style cognitive interventions

Exposure Techniques

When to use (and not to use)
Exposure protocols
Alternatives to exposure

Communication Styles

Reciprocal
Irreverent

Consultative Group and Treatment Teams

Increase your motivation
Develop effective responses
Qualities of effective treatment teams

QUESTIONS? Call customer service at 800-844-8260

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.

your own) 11:50 a.m. to 1 p.m. (Times listed in Central)

Assess and Manage Self-Injurious Behavior (SIB)

When is SIB life-threatening?
Creating alternatives

Assess and Manage Suicidal Ideation (SI)

Suicide assessment techniques
Establishing safety protocols
Safety plans and safety commitments

Hospitalization Issues

Effective use of the hospital
Transitions in and out

Next Steps

What you learned and what you need
Developing your plan
Taking action

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 4-7, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$99.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/74953



Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD/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 \$120 cancel fee. Substitutions are permitted at any time.

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

Objectives

- 1 Discriminate DBT from the contextual model of therapy.
- 2 Evaluate DBT research in light of the contextual model and the Evidence-Based Practice of Psychology (EBPP).
- 3 Correlate DBT philosophies and interventions to the therapeutic factors that most improve treatment outcomes.
- 4 Explore dialectic philosophies and their application in therapy.
- 5 Determine how the core assumptions of DBT are put into action in therapy.
- 6 Assess how DBT theory drives therapeutic interventions.
- 7 Communicate how to balance validation and change strategies in clinical situations.
- 8 Integrate mindfulness techniques into therapy.
- 9 Implement an effective therapy structure that includes identifying clear treatment goals.
- 10 Practice how to effectively teach the four standard DBT skills modules - mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.
- 11 Design teaching strategies for skills training sessions.
- 12 Plan and teach supplemental DBT skills and modules.
- 13 Practice DBT skills training techniques in small groups.
- 14 Recommend how to seamlessly integrate DBT skills into individual therapy.
- 15 Discriminate the DBT model from cognitive-behavioral, client-centered, and other treatment modalities.
- 16 Practice a multi-layered approach to validation of clients' thoughts and feelings.
- 17 Establish balance validation with the most effective (and practical) methods of behavior change.
- 18 Practice reciprocal and irreverent communication styles, to be utilized within the therapy session.
- 19 Comment on the key differences between traditional cognitive interventions and DBT-style cognitive interventions.
- 20 Practice therapy techniques with effective pacing, balance, and flow.
- 21 Articulate when to use (and not to use) exposure techniques.
- 22 Employ DBT diary cards and chain (change) analysis.
- 23 Propose how to operate with consultative groups and treatment teams.
- 24 Assess and manage self-injurious and suicidal behaviors with clear protocols and safety plans.
- 25 Establish clear plans for crisis management, including psychiatric hospitalizations.

Receive over 50 Practical DBT Worksheets, Resources and Exercises

THIS COURSE IS DESIGNED FOR:

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

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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 to complete the easy steps and Evergreen Certifications will **fast-track** your application!

Certificate Course Continuing Education Credit Information for Entire Training

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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 25.0 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.

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TEXAS COUNSELORS: This activity consists of 25.0 clock hours of continuing education instruction. Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1520 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.

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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 25.3 contact hours. Partial contact hours will be awarded for partial attendance.

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PSYCHIATRISTS: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 25.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: 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. This activity consists of 25.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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 25.0 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 1520 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.



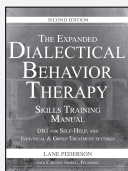
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The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

DBT for Self-Help and Individual & Group Treatment Settings

By Lane Pederson, Psy.D., LP **Your Speaker** & 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

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!

- Coping strategies
- Tools to accept change
- Self-Soothing practices
- Increase self-respect
- Conflict resolution tips

"Evidence Based! Approachable and accessible. Lane is extremely knowledgeable. I would highly recommend Lane and this training to others."

- Laurel (Denver, CO)

"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)

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Monday-Thursday, November 4-7, 2019 • San Antonio, TX

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☐ **Standard Tuition \$799.99** per person

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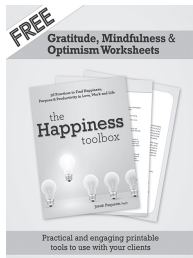
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4-day Intensive Certificate Course in

Dialectical Behavior Therapy (DBT)



FEATURING:
Lane Pederson, PsyD, LP, DBTC

**San Antonio, TX
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Norris Conference Center

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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
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