

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

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.

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

Attend this 2-day intensive training 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.

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

Objectives

1. Explain the underlying theory of Dialectics and Dialectic Behavior Therapy.
2. Integrate DBT skills for individual and group therapy treatment into practice.
3. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness to clients.
4. Utilize specific DBT skills for the treatment of a range of mental health symptoms, chemical dependency and complex co-morbidities.
5. Describe DBT tools and resources used to effectively change behavior.
6. Articulate a variety of strategies for teaching DBT skills to clients.
7. Demonstrate the use of crisis survival strategies to enhance distress tolerance.
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. Apply DBT diary cards and chain (change) analysis techniques to address specific clinical issues in practice.
11. Summarize how to effectively operate consultative groups and treatment teams.
12. Assess and manage self-injurious and suicidal behaviors with clear protocols and safety plans.
13. Discuss the limitations and risks of DBT and areas of ongoing or future research regarding DBT effectiveness.



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

Course 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 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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2-Day

Dialectical Behavior Therapy (DBT) Intensive Training Course

OAKLAND, CA
Thursday & Friday
January 16-17, 2020

PALO ALTO, CA
Thursday & Friday
January 23-24, 2020

Register now! pesi.com/express/76158

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

- 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

OAKLAND, CA
Thursday & Friday
January 16-17, 2020

PALO ALTO, CA
Thursday & Friday
January 23-24, 2020



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Become
DBT
Certified!
Details Inside

Outline

History & Philosophy of DBT

- Dialectics explained
- Core philosophies in practice
- Skills training techniques
- Limitations of the research and potential risks

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

Emotion 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

Andrew Bein, Ph.D., LCSW, has, for 20 years, been implementing mindfulness-based practices and Dialectical Behavior Therapy at a variety of practice settings. In a manner responsive to clinician, client and contextual realities, he has launched and contributed to DBT integration at the following settings: community mental health, outpatient dual diagnosis, women’s substance abuse, crisis residential, and high school and he has incorporated DBT into his private practice for individual and group treatment.

In addition to being a nationwide speaker, Dr. Bein is Professor Emeritus at Sacramento State University. His seminars blend evidence-based and practical-based guidance with compassion, humor and clarity, reflecting his deep commitment to directly modeling positive clinician practice. His latest book, *Dialectical Behavior Therapy for Wellness and Recovery: Interventions and Activities for Diverse Client Needs*, illustrates how DBT can be integrated into clinical practice for profound client change.

Speaker Disclosure:
Financial: Andrew Bein has an employment relationship with Sunburst Project. He is an author for John Wiley and Sons and receives royalties. Dr. Bein receives a speaking honorarium from PESI, Inc.
Non-financial: Andrew Bein has no relevant non-financial relationship to disclose.

Andrew Bein, Ph.D., LCSW, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

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

DON'T FORGET TO SAVE BY INCLUDING THESE PRODUCTS WITH COURSE 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 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

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.

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 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 12.5 CE in the 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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WALK-INS:
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- **The Expanded DBT Skills Training Manual, 2nd Edition*** \$34.99 (PUB084840)
- **The DBT Deck for Clients and Therapists*** \$19.99 (PUB085485)

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