

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.

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 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

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

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.

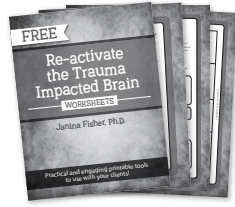


PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Have a seminar idea? A manuscript to publish?

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2-Day Dialectical Behavior Therapy (DBT)

Intensive Training Course

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TROY, MI
Thursday & Friday
January 30 & 31, 2020

Register now! pesi.com/express/76283

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 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

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

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.

Questions?

Call customer service at 800-844-8260

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 • Psychiatrists • Occupational Therapists
Occupational Therapy Assistants • Mental Health Professionals • Nurses



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.

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 cepsi@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 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.

Michigan Addiction Counselors: This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

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.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Psychologists: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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.

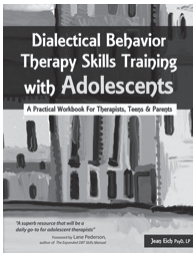
Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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

A comprehensive training manual filled with age-relevant skills explanations, examples, activities and applied worksheets for real-life situations. Separated into three easy-to-use parts; the therapist section focuses on practical DBT strategies and guidance to balance therapy with parents.

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By Lane Pederson, Psy.D., LP

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QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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