

## 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 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. 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?

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](mailto:msullivan@pesi.com) or call 715-855-8226.

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## 2-Day Dialectical Behavior Therapy (DBT)

### Intensive Training Course

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

**SYRACUSE, NY**  
Thursday & Friday  
February 20 & 21, 2020

Register now! [pesi.com/express/76824](http://pesi.com/express/76824)



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## 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](http://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

<b>7:30</b>	Registration/Morning Coffee & Tea
<b>8:00</b>	Program begins
<b>11:50-1:00</b>	Lunch (on your own)
<b>4:00</b>	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

**Stephanie R. Steinman, PhD, CSAC**, is the director of the Dialectical Behavior Therapy (DBT) program at the University of Wisconsin, Madison’s Department of Psychiatry. She is a licensed clinical psychologist, clinical substance abuse counselor and assistant professor at the University of Wisconsin, Madison. In addition to her clinical work, Dr. Steinman teaches medical students, psychology interns, and residents to become facilitators of DBT groups. She was named the National Addictions Outstanding Clinician of the Year in 2010.

Dr. Steinman was trained in DBT while working in Seattle at a residential facility for dually-diagnosed adolescents. She has facilitated DBT groups for over the past 15 years in residential, intensive outpatient, and outpatient settings with adolescents and adults presenting with a variety of concerns. Additionally, Dr. Steinman has developed DBT and mindfulness groups and individual therapy programs.

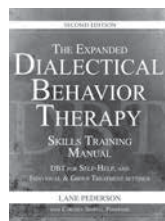
Speaker Disclosures:

Financial: Stephanie Steinman is the director of the Dialectical Behavior Therapy (DBT) program at the University of Wisconsin – Madison, Department of Psychiatry. She is a professor at the University of Wisconsin - Madison. Dr. Steinman receives a speaking honorarium from PESI, Inc.

Non-financial: Stephanie Steinman has no relevant non-financial relationship to disclose.

Stephanie R. Steinman, PhD, CSAC, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

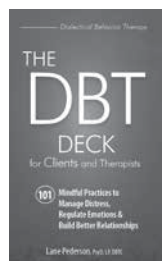
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### The Expanded Dialectical Behavior Therapy Skills Training Manual, DBT for Self-Help and Individual & Group Treatment Settings, 2nd Edition

By Lane Pederson, Psy.D., LP

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.

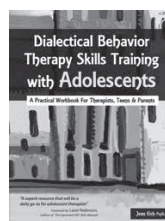


### The DBT Deck for Clients and Therapists

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.



### Dialectical Behavior Therapy Skills Training with Adolescents:

A Practical Workbook for Therapists, Teens & Parents

By Jean Eich, PSYD, LP

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.

#### 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 [cespi@pesi.com](mailto:cespi@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.

**New York Addiction Professionals:** This course has been submitted to OASAS for review.

**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.

**New York Counselors:** PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**New York Marriage & Family Therapists:** PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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 1.25 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.

**Psychiatrists:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**New York Psychologists:** This live activity consists of 760 minutes of continuing education instruction and is related to the practice of psychology.

**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.

**New York Social Workers:** PESI, Inc. is recognized by the New York State Education Department’s (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #5W-0008. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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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**Target Audience:**

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

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### Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.

## REGISTRATION FORM

### 2-DAY DIALECTICAL BEHAVIOR THERAPY (DBT): INTENSIVE TRAINING COURSE

**SAVE TIME! Express Register Online: [pesi.com/express/76824](http://pesi.com/express/76824)**

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**2 Select Location** (make copy for your records)

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**ADD-ON PRODUCTS** — Save on Shipping! — Products Distributed at Seminar

**\$34.99\*** *The Expanded DBT Skills Training Manual, 2nd Edition* (PUB084840)

**\$19.99\*** *The DBT Deck for Clients and Therapists\** (PUB085485)

**\$29.99\*** *Dialectical Behavior Therapy Skills Training with Adolescents* workbook (PUB082790)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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— **Online Digital Seminar\*** \$439.99 (POS053240) (**Email required**)

— **Seminar on DVD\*\*** \$439.99 (RNV053240)

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