

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 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.

Conference on DVD or Digital Format:

You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. 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 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.

Have a seminar idea? A manuscript to publish?

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2-Day

Dialectical Behavior Therapy (DBT) Intensive Training Course

BIRMINGHAM, AL
Monday & Tuesday
March 9 & 10, 2020

Register now! pesi.com/express/77719

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

BIRMINGHAM, AL
Monday & Tuesday
March 9 & 10, 2020



A Non-Profit Organization Connecting Knowledge With Need Since 1979

REGISTER NOW!
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Become CDBT 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


Speaker

Anastasia M. Harmeyer, MS, MSW, LCSW, LCAS, is a licensed clinical social worker and a licensed clinical addictions specialist. She has worked as a director of a community mental health/substance use facility as well as in private practice. Anastasia has extensive experience working with DBT through clinical directorship, direct practice, and training facilitation. Additionally, she has run a full fidelity DBT program for over 4 years and has experience implementing DBT with both the adolescent and adult populations. Anastasia utilizes her previous experience working for over three years with adolescents in the juvenile justice system to build rapport and engage even her most challenging clients in treatment. Anastasia has a unique way of utilizing a variety of approaches to keep clients engaged and uses their stressors as learning opportunities to teach and implement various DBT skills.

Speaker Disclosure:

Financial: Anastasia Harmeyer is the center director for Daymark Recovery Services. She has an employment relationship with Calming Waters. Ms. Harmeyer receives a speaking honorarium from PESI, Inc.

Non-financial: Anastasia Harmeyer has no relevant non-financial relationship to disclose.



BECOME CERTIFIED!

Anastasia M. Harmeyer, MS, MSW, LCSW, LCAS., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

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.

Target Audience:

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

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Conference 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.



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.**

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.

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.

Alabama Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact the Alabama Board of Examiners in Counseling prior to the activity to determine requirements. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation.

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.

Psychologists & Psychiatrists & Physicians:

Psychiatrists & Physicians

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 12.5 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 ACME 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 12.5 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.

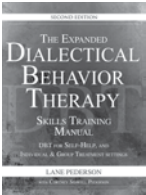
Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final 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 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.

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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 and Cortney Pederson, MSW, LICSW

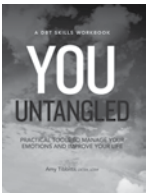
Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful 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

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.



You Untangled: Practical Tools to Manage Your Emotions and Improve Your Life

By Amy Tibbitts, LSCSW, LCSW

If clients have been diagnosed with Borderline Personality Disorder (or BPD), experience emotional suffering or simply have difficulty managing emotions, *You Untangled* can help. With the compassionate guidance and practical skills presented in this workbook, clients can conscientiously create a path toward the healthy, happy and fulfilling future.

REGISTRATION FORM

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


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1

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***Required for event updates**

2

Select Location

(make copy for your records)

☐ **BIRMINGHAM, AL • March 9 & 10, 2020 (77719BIR)**
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3

Select Tuition

TUITION including seminar manual

\$439.99 – choose one of the options below:

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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)
- ☐ **\$24.99*** *You Untangled* book (PUB085425)

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

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar *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 for availability and job description, first come, first serve.
- **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 for details.

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