

# Outline

## Foundations of DBT

Biosocial Theory  
Characteristics of DBT  
DBT as an evidenced-based practice  
Dialectics: the balance of acceptance and change

## DBT in the Clinical Setting

Application of DBT in the individual and group therapy setting  
Skills training methods  
Validation strategies  
Research and limitations

## DBT Skills Training

### Mindfulness: Cultivate the Skills at the Core of Successful DBT Therapy

Acceptance vs. judgement  
Wise mind – achieve harmony between emotion and reason  
Accessible exercises for building mindfulness skills  
Observation - keep clients calm, centered and aware  
Describe - overcome assumptions  
Participation - release judgement and fear  
Strategies for teaching mindfully and exercises for therapy

### Interpersonal Effectiveness: Skills to Build Better Relationships and Lives

Tools to identify strengths  
Balancing relationships with self-respect  
Exercises and role play guidance on how to:  
Develop healthy assertiveness skills  
Enhance conflict resolution skills  
Build empathy  
Keep problems from building up  
Resist pressure

Top strategies for changing behavior

### Emotion Regulation: Practical Skills for Healthier Emotions and Greater Resilience

Strong emotions and poor coping skills  
How to change unwanted emotions  
Reduce emotional vulnerability while practicing self-care  
Opposite action skills to reduce maladaptive behavior  
Emotion Regulation exercises  
Self-soothing strategies that work  
Learn the sleep hygiene protocol

### Distress Tolerance: Skills to Cope with Painful Moments and Survive Crisis

Developing crisis survival and reality acceptance skills  
4 options to solving problems  
Problem solving case studies  
Using pros and cons to make decisions  
STOP skills to manage crisis situations  
The steps to practicing radical acceptance  
Tools to accept change

### DBT in Clinical Practice

Analyzing behaviors: chain analysis & missing links analysis  
Diary cards and homework with clients  
Identify therapy interfering behaviors  
Develop skills to identify and manage self-harming & suicidal behaviors

### Self-Harm and Suicidal Crises: A Roadmap for Assessment and Intervention

Screening and assessment tools for self-harming behaviors  
Interventions and treatment considerations for the self-harming population  
Suicide risk as a skills deficit problem  
Tools and techniques to assess for level of risk  
Firearms, medications, and lethal-means restriction plans that work  
Safety plans and crisis intervention

### Adapt DBT with Different Populations

Children and adolescents  
Trauma survivors  
Substance abusers

### DBT: The Therapist and Consultation Group

3 ways to decrease therapist burnout  
The characteristics of an effective DBT team  
Integrating DBT into your practice

**Learning Objectives can be viewed at [pesi.com/webcast/83511](http://pesi.com/webcast/83511)**

### Live Webcast Schedule (each day) (Times listed in Eastern)

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**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.



## Train Your Whole Organization

Purchase one full-price registration



Train UNLIMITED additional attendees for only **\$99.99 each!**

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

# 3-DAY Dialectical Behavior Therapy Certification Training

## LIVE WEBCAST

**Monday-Wednesday, August 3-5, 2020**

**BONUS!** – Sign up before August 3 and get free on-demand access for 3 months.



**REGISTER NOW: [pesi.com/webcast/83511](http://pesi.com/webcast/83511)**



## Online Certification Training

# 3-DAY Dialectical Behavior Therapy Certification Training

- Core skills and adaptations to successfully bring DBT into your practice
- Overcome common stumbling blocks to implementing DBT
- Easy to use worksheets and exercises

## BECOME CERTIFIED IN DIALECTICAL BEHAVIOR THERAPY!

*This seminar meets ALL requirements to become a Dialectical Behavior Therapist through the Evergreen Certification Institute (EVGCI)!*

Professional standards apply, see [evgci.com](http://evgci.com) for full certification details.

*Earn your  
CERTIFICATION  
Today!*

## LIVE WEBCAST

**Monday-Wednesday, August 3-5, 2020**

**BONUS!** – Sign up before August 3 and get free on-demand access for 3 months.

**REGISTER NOW:**  
**[pesi.com/webcast/83511](http://pesi.com/webcast/83511)**

Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

A Non-Profit Organization Connecting Knowledge with Need Since 1979

# 3-DAY Dialectical Behavior Therapy Certification Training

Dialectical Behavior Therapy is a powerful, evidence-based treatment that allows clinicians to provide positive outcomes for clients of all ages struggling with stress, depression, trauma, suicidal and self-destructive behaviors and a variety of other clinical presentations.

**This 3-day Certification Training** will build the core competencies you need to bring DBT into your clinical practice and effectively use it with a wide range of client types. In just 3 days you'll be given a roadmap to treat individuals using the skills and techniques from DBT so you can help your most challenging clients reach new levels of healing.

Even if you've attended other Dialectical Behavior Therapy (DBT) trainings, this program will increase your competency and clinical sophistication with DBT when working with adults, youth, substance users and trauma survivors in a wide variety of settings.

Better still, you'll not only leave this event with a powerful treatment approach, you'll also have fulfilled the educational requirements should you choose to pursue **Certification in Dialectical Behavior Therapy through Evergreen Certification Institute** (visit [evgci.com](http://evgci.com) for details).

**Sign up today** and get the skills and confidence you need to successfully help your clients with the power of DBT!

## Speaker

**Charles Jacob, Ph.D.,** is a psychologist with over 15 years of clinical experience conducting and overseeing the delivery of mental health services to individuals with severe mood and personality disorders as well as their families. He is past president of the Pennsylvania branch of the American Counseling Association and maintains a robust private practice in the suburbs of Philadelphia as a licensed psychologist, professional counselor and marriage and family therapist.

In addition to training in Dialectical Behavior Therapy for the treatment of borderline personality disorder, Dr. Jacob is an expert in Cognitive Therapy and a highly regarded clinician and scholar. He is a recipient of PCA's David W. Hall Advocacy Award, and has been a featured interview in Counseling Today as well as NPR's The Pulse.

Dr. Jacob is a full time faculty member in the Human Development Quantitative Methods Division at the University of Pennsylvania's Graduate School of Education. He received his PhD from The Pennsylvania State University and completed a year of additional training at the Center for Cognitive Therapy at the University of Pennsylvania.

Speaker Disclosures:

Financial: Charles Jacob is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Charles Jacob is a member of the Pennsylvania Counseling Association; American Counseling Association; and the American Mental Health Counseling Association.

Charles Jacob, Ph.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.



**Group training *made easy!***

Professional content, expert presenters, CE credit, training materials and more. [www.pesi.com/inhouse](http://www.pesi.com/inhouse)

### Target Audience:

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

### 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 live webcast, or receive a tuition refund less a \$90 cancel fee. Substitutions are permitted at any time.

### Digital Seminar or DVD:

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](http://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 on-demand 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.

**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**.



## Online Learning Made Easy!

**Join us on August 3-5, 2020, for this live, interactive webcast!**

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

**It's easy and convenient!**

**Register now! [pesi.com/webcast/83511](http://pesi.com/webcast/83511)**

**Train your whole organization**

**Purchase one full-price registration → train unlimited additional attendees for only \$99.99 each**

• Watch and participate in real time

• One CE Certificate is included

• **BONUS!** Receive free on-demand access for 3 months with registration!

## CERTIFICATION MADE SIMPLE!

**EVERGREEN  
CERTIFICATIONS**

- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- No additional forms to fill out.
- Simply complete this live event, evaluation and you're a Dialectical Behavior Therapist through the Evergreen Certification Institute (EVGCI)!

*Attendees will receive documentation of CDCS certification from the Evergreen Certification Institute (EVGCI) 4 to 6 weeks following the program. Professional standards apply. Visit [evgci.com/customer-care/faq](http://evgci.com/customer-care/faq) for answers to frequently asked certification questions.*

*\* Certification cost included with purchase of live webcast. Digital seminar and DVD do not include certification.*

### CE CREDIT AVAILABLE FOR WEBCAST – UP TO 21.0 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit [pesi.com/webcast/83511](http://pesi.com/webcast/83511).

**Counselors:** AK, AL, AZ, CA, CO, CT, DE, FL, GA, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WV

**Marriage and Family Therapists:** AK, AL, AR, AZ, CA, CO, DE, FL, GA, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WY

**Nurses:** All States

**Psychiatrists:** All States

**Psychologists:** AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

**Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

**For specific credit approvals and details, visit [pesi.com/webcast/83511](http://pesi.com/webcast/83511).**

For credit inquiries or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-844-8260 before the event.

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$99.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This activity consists of 21.0 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.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 21.0 contact hours.



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, 2020 - January 27, 2023. Social Workers completing this course receive 21.0 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.

This activity is pending approval from the National Association of Social Workers.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

## REGISTRATION FORM 3-DAY DIALECTICAL BEHAVIOR THERAPY CERTIFICATION TRAINING

**SAVE TIME! Express Register Online: [pesi.com/webcast/83511](http://pesi.com/webcast/83511)**

**1**

**Please complete entire form if sending by mail**

*please print legibly*

©2020



\*Email address \_\_\_\_\_  
**\*Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_ ☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_

**\*Required for event updates**

**2**

**Pick Your Training**

(make copy for your records)

☐ **Live Webcast • August 3-5, 2020** PWZ83510

**\$599.99** tuition\*

8am Eastern time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

**FREE BONUS:**

Replay On-demand Access for 90 Days Afterwards

☐ **Digital Seminar** POS056020

**\$599.99\*\***

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

☐ **DVD** RNV056020

**\$599.99\*\*\***

Includes:

Self-study CE Certificate

Lifetime Access

Downloadable Manual

**3**

**Select Payment Method**

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

### OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: [pesi.com/webcast/83511](http://pesi.com/webcast/83511)

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit [pesi.com/privacy](http://pesi.com/privacy) for more information.

Total \_\_\_\_\_

Shipping - \$6.95 (DVD only) \_\_\_\_\_

**Subtotal** \_\_\_\_\_

Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_

\* For webcasts, add applicable tax in HI, NM

\*\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

\*\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
CE hours and approvals on products may differ from live CE approvals.  
Additional CE participant prices may vary.