

2-DAY

# Trauma Informed DBT

Clinical Interventions for Stabilization and Lasting Recovery

**Clients recovering in the aftermath of trauma are often stuck in the extremes:** feeling a million emotions at once or nothing at all, constant worry or impulsive decision making, over-reliance on others or burning bridges, distrusting others or trusting the wrong people. Imagine being able to help your clients cope with these extremes and other trauma symptoms. **Help your clients move on from behaviors that were once an asset during the traumatic experience but have since become a liability.**

**You need the tools to help clients find the middle ground...and DBT is designed to do just that!**

Join Dr. Kirby Reutter, DBT clinician and leading trauma specialist, for this captivating 2-day seminar that takes a comprehensive approach to implementing DBT with **even the most symptomatic clients on your caseload.** You'll learn evidence-based DBT skills, techniques, and interventions to help traumatized clients:

- Restore balance to the parts of their lives that have been forced to extremes by trauma
- Replace dissociation and reactivity with mindful awareness and acceptance
- Skillfully tolerate distressing thoughts and feelings related to traumatic memories and triggers
- Decrease suicidal ideation and high-risk behavior, including self-harm and substance abuse
- Find meaning in their suffering to allow for developing a life worth living
- Build genuine connections with others by learning to discern between healthy and unhealthy relationships
- And more!

Packed with compelling insight and concrete strategies you can use immediately; this seminar is sure to have you heading back to your office with a **renewed sense of confidence and skill** – sign up today!

## Speaker

**Kirby Reutter, DBTC, LMHC, CACAD, MAC**, is a bilingual psychologist and leading trauma specialist. Dr. Reutter has provided over 1,000 hours of DBT trainings in over 90 locations throughout the continent, including Alaska and Hawaii. Dr. Reutter has provided DBT trainings for the US Marines, the US Army, the Ohio Psychological Association, the Texas Psychological Association, the Ohio State Department of Youth Services, the Arizona Department of Child and Family Support Services, and the International Conference of Human Trafficking. In 2018, Dr. Reutter delivered a TEDx Talk regarding the effects of human trafficking on both brain development and society.

In addition to speaking, Dr. Reutter has authored 3 books, 1 book chapter, and 6 journal articles. Dr. Reutter's most recent publication is entitled: *DBT Skills Workbook for PTSD: Practical Exercises for Overcoming Trauma and Post-Traumatic Stress Disorder*. Dr. Reutter currently contracts with the Department of Homeland Security to provide treatment services for refugees seeking political asylum. Dr. Reutter maintains psychology licenses in both Texas and Ohio.

Speaker Disclosure:

Financial: Kirby Reutter has an employment relationship with Gateway Woods Family Services. He receives a speaking honorarium from PESI, Inc.

Non-financial: Kirby Reutter has no relevant non-financial relationship to disclose.

Learning Objectives can be viewed  
at [pesi.com/webcast/83552](http://pesi.com/webcast/83552)

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)

## Target Audience

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

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# 2-DAY Trauma Informed DBT

Clinical Interventions for Stabilization and  
Lasting Recovery

## LIVE WEBCAST

**Monday & Tuesday, August 24-25, 2020**

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# Trauma Informed DBT

Clinical Interventions for Stabilization and  
Lasting Recovery

- Help your most traumatized clients let go of maladaptive thoughts and behavior that no longer serve them
- Prepare clients to work through traumatic memories without becoming overwhelmed
- Help stabilize traumatized clients with co-occurring personality and/or substance abuse disorders
- Gain concrete tools to treat the most symptomatic clients on your caseload

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