### 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/83669

**Live Webcast Schedule** (all 3 days) (Times listed in Central)

8:00 Program begins

11:50-1:00 Lunch Break

**4:40** Program ends

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### Speaker

Lane Pederson, Psy.D., LP, has provided Dialectical Behavior Therapy (DBT) training and consultation to over 10,000 professionals in the United States, Australia, South Africa, Dubai, Canada, and Mexico through his training and consultation company, Lane Pederson and Associates, LLC (www.DrLanePederson.com). A real world practitioner, Dr. Pederson co-owns Mental Health Systems, PC (MHS), one of the largest DBT-specialized practices in the United States with four clinic locations in Minnesota (www.mhs-dbt.com). At MHS Dr. Pederson has developed DBT programs for adolescents, adults, people with dual disorders, and people with developmental disabilities. He has served as clinical and training directors, has directed practice-based clinical outcome studies, and has overseen the care of thousands of clients in need of intensive outpatient services.

Dr. Pederson's DBT publications include *The Expanded Dialectical Behavior Therapy Skills Training Manual*, Second Edition (PESI, 2017); Dialectical Behavior Therapy: A Contemporary Guide for Practitioners (Wiley, 2015); and Dialectical Behavior Therapy Skills Training in Integrated Dual Disorder Treatment Settings (PESI, 2013).

Notable organizations he has trained for include Walter Reed National Military Hospital, the Federal Bureau of Prisons, the Ontario Psychological Association, the Omid Foundation, and Psychotherapy Networker. He has provided DBT training for community mental health agencies, chemical dependency treatment centers, hospital and residential care settings, and to therapists in forensic settings. Dr. Pederson also co-owns Acacia Therapy and Health Training (www.AcaciaTraining.co.za) in South Africa. Dr. Pederson currently serves on the advisory board for the doctorial counseling program at Saint Mary's University of Minnesota and is a peer reviewer for Forensic Scholars Today.

Speaker Disclosure:

Financial: Lane Pederson maintains a private practice. He is an author for PESI Publishing & Media and receives royalties. Dr. Pederson receives a speaking honorarium from PESI, Inc.

Non-financial: Lane Pederson has no relevant non-financial relationship to disclose

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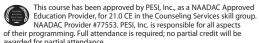
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