

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

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
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3-DAY

Dialectical Behavior
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Dialectical Behavior Therapy (DBT) is so popular because **it works!**

It even works with your most difficult clinical cases from suicidal and self-injurious behaviors to depression, anxiety, trauma, and substance use disorders.

Join internationally recognized DBT expert, speaker and author Dr. Lane Pederson in this 3-Day Certification Training and learn the DBT skills, tools, and techniques to **transform your practice** and finally **see results** with clients who have been chronically stuck.

Whether you're interested in putting together a DBT Program, or simply want to add DBT to your eclectic or integrative style, Dr. Lane Pederson makes DBT accessible, practical, and gives you the confidence to bring this approach straight to your clients.

With this intensive DBT certification training course, you'll not only leave DBT-ready, you'll also have completed the educational requirements to pursue Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (visit 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

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 doctoral 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.

PESI, Evergreen Certifications Institute, and Lane Pederson, Psy.D., LP are not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.



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Attendees will receive documentation of DBT certification from the Evergreen Certifications Institute (EVGCI) 4 to 6 weeks following the program. Professional standards apply. Visit evgci.com/customercare/faq for answers to frequently asked certification questions.

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