

2020 DBT Summit

The Latest in Practice-Based Innovations

Dialectical Behavior Therapy’s guiding theory and deep use of acceptance-based and CBT tools and techniques makes it **one of the most adaptable and useful treatments across settings and diagnoses.**

Join **Lane Pederson, PsyD**, as he hosts this one-day summit where you will hear from **top DBT practitioners with real-world experience** applying it to PTSD and attachment issues, dual diagnosis disorders, and even bipolar disorder.

In addition, you’ll learn:

- Distinctions between DBT and CBT that increase the **effectiveness of this approach with clients that struggle with emotions and harmful urges**
- The keys to making practice-based applications of DBT evidence-based, and
- Bring DBT online via Telehealth in the age of Covid-19.

Bring your questions as this **summit concludes with a roundtable discussion of current client and DBT issues of concern to you.** Join faculty members: **Lane Pederson, PsyD; Eboni Webb, PsyD; Sheri van Dijk, MSW and Steve Girardeau, PsyD** for this exciting day of learning and connection with colleagues!

Live Webcast Schedule

(Times Listed in Central)

8:00am Program begins
12:15-1:00pm Lunch break
4:15pm 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.

TARGET AUDIENCE

Counselors • Social Workers • Psychologists
Therapists • Marriage & Family Therapists
Case Managers • School Psychologists
School Counselors • School Social Workers
Nurses • Physicians • Addiction Counselors

Online Learning Made Easy!

Join us on November 18, 2020, for these live, interactive webcasts!

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!

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

It’s easy and convenient!
Register now! pesi.com/webcast/84023

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each day

Dr. Eboni Webb earned her doctorate of clinical psychology from the Minnesota school of Professional Psychology. Dr. Webb began her clinical work as assistant clinical director and program director at Mental Health Systems in Minnesota, a large clinic specializing in Dialectical Behavior Therapy (DBT). She has extensively practiced DBT developing two special treatment programs for clients with developmental disabilities and borderline-intellectual functioning. Dr. Webb opened and runs the private practice The Village of Kairos, offers diverse DBT specializations including DBT for trauma-based disorders and co-occurring disorders. The Village of Kairos has expanded therapy programs, better known as Restorative Services, to include individual and group therapy sessions for adolescents, parents, families, and adults including in-the-moment coaching for patients.

Dr. Webb has recently completed Level II training and is in the process of completing her board certification in Sensorimotor PsychotherapySM as an Advanced Certified Practitioner (will complete in October 2020) which has become a prominent feature of therapy offerings in the Village.

Speaker Disclosures:
Financial: Eboni Webb maintains is the founder and a primary therapist at The Village of Kairos. She is an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA). Dr. Webb receives a speaking honorarium from PESI, Inc.
Nonfinancial: Eboni Webb has no relevant nonfinancial relationship to disclose.

Sheri van Dijk, MSW, is a registered social worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of eight DBT books for both adults and teens, the focus of which is to teach clients how to use DBT skills to help them live emotionally healthier lives. She has also written *DBT Made Simple*, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well. Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

Speaker Disclosures:
Financial: Sheri van Dijk is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Sheri van Dijk is a member of the Ontario Association of Social Workers.

Steve Girardeau, Psy.D., is the director of clinical services for Mental Health Systems (MHS), one of the largest DBT-specialized practices in the Midwest. He has overseen the care of thousands of clients including clients with co-morbid major mental health and personality disorders. Dr. Girardeau has worked in non-profit community mental health clinics, in private practice and in multi-clinic settings. He has been a therapist for over two decades, specializing in providing clinical services to clients with serious and persistent mental health diagnoses as well as personality and chemical use disorders.

Speaker Disclosures:
Financial: Steven Girardeau is the Director of Clinical Services of Mental Health Systems, PC. He receives a speaking honorarium from PESI, Inc.
Non-financial: Steven Girardeau is a member of the Minnesota Psychological Association.

Lane Pederson, PsyD, LP, C-DBT, has provided DBT training and consultation to over 20,000 professionals in the United States, Australia, South Africa, Canada, Mexico, and the Middle East through his training and consultation company, Lane Pederson and Associates, LLC (www.DrLanePederson.com). Notable organizations he has trained for include Walter Reed National Military Hospital, the Federal Bureau of Prisons, the US Navy, the Canadian Department of Defense, 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’s DBT publications include the award-winning *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). He also authored the best-selling *DBT Deck for Clients and Therapists*.

Speaker Disclosures:
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.

Group Training Solutions Made Easy!

- **ONLINE** or in-person
- **Customizable**
- **Easy remote access**
- **From 5 to 5000**
- **CE hours available**

www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

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

2020 DBT Summit

The Latest in Practice-Based Innovations

ONLINE: Wednesday, November 18, 2020
8:00am – 4:15pm (Central time)

Register Now: pesi.com/webcast/84023

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

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

2020 DBT Summit

The Latest in Practice-Based Innovations

ONLINE: Wednesday, November 18, 2020
8:00am – 4:15pm (Central time)

- A deeper understanding: Key similarities and differences between DBT and CBT
- Bringing acceptance strategies to the session. Key tips that will transform your use of mindfulness
- Where’s the evidence? How to make practice-based DBT evidence-based for special settings and populations
- **DBT online? Yes, you can!**

Register Now: pesi.com/webcast/84023

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

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

Session I: Trauma-Informed DBT Strategies

Eboni Webb, PsyD

Working with emotionally-dysregulated and clients across the lifespan in your practice can be overwhelming and exhausting.

In this session with Dr. Eboni Webb, you will discover how powerful the intersection of Sensorimotor Psychotherapy® and Dialectical Behavior Therapy® (DBT) can be for treating challenging and traumatized clients across the lifespan.

Learn how to implement key elements of a trauma-focused DBT program while developing the skills needed to be more effective in treatment, avoid burnout and achieve positive outcomes. Help clients see the function of their behaviors through the lens of trauma, reestablish structure, and implement a safe structure that enables your clients to learn and master these skills at home.

Learning Objectives

- 1. Propose the critical steps in clinical sessions for effective TF-DBT therapy.
- 2. Determine the biosocial model of pervasive emotional dysregulation disorders found in innately sensitive clients most vulnerable to trauma.
- 3. Demonstrate validation of client’s self-defeating beliefs and feelings (e.g. trauma reenactments)
- 4. Adapt DBT to somatic interventions for the clinical need of the client.

Session II: DBT-Informed Treatment of Bipolar Disorder

Sheri van Dijk, MSW

Bipolar Disorder (BD) typically causes chaos in an individual’s life, often leading to risky and impulsive behaviors, damaged relationships and careers, substance use problems, hospitalization, and even suicide.

Based on Sheri van Dijk’s ground-breaking work on using DBT with bipolar disorder, Sheri will briefly review the rationale for using DBT to treat this condition before looking at the efficacy of DBT in treating this illness, and delving more into how to teach some of the DBT skills most pertinent to clients with BD.

Learning Objectives

- 1. Determine the research and nature of current evidence base for using Dialectical Behavior Therapy with clients diagnosed with bipolar disorder.
- 2. Integrate the core skills of DBT (mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness) in your clinical treatment planning for clients with bipolar disorder diagnosis.
- 3. Propose how to conduct DBT sessions in both individual and group settings for this client base.

Become Certified in Dialectical Behavior Therapy!
Go to www.pesi.com/DBT2020 for more information.

Session III: DBT for Dual Diagnosis: Innovation and Integration

Steve Girardeau, PsyD

DBT in its early years explored providing services to individuals with dual mental health and chemical health diagnoses. Thus, came DBT-S which is now, a decade later, being broadly used in therapy.

The presentation will be focused on a fully integrated program that includes both DBT and chemical health interventions in an innovative model of care that focus’ on the necessity for treatment and the generalization of skills in all areas of life throughout the program.

Learning Objectives

- 1. Determine three specific ways to plan therapy that integrates DBT and chemical health treatment.
- 2. Extrapolate how an innovative model of care can more successfully address the special needs of a population with dual diagnoses.
- 3. Propose how the model of care can support a different model of payment that best meets the needs of the population.

Outline

DBT and Chemical Health Treatment
Separate tracks
As they have been combined

What needs to be covered in interventions
Breaking out of ineffective patterns
Alternatives to emotional blunting
Skillful addressing of issues vs. reactivity
Development of healthy and supportive relationships

The special role of Dialectical Abstinence
A process of change vs. an on off switch
Leaving shame behind and replacing it with choices to reinforce.

Key issues and applicaton in practice
Full integration
Address the full set of issues
Expect slips/lapses and program to address them
Focus on change and hope vs. shame and failure

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 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/84023.

Addiction Counselors: CA, OK

Counselors: AK, AL, AZ, CA, CO, CT, DE, FL, 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, WY

Marriage and Family Therapists: AK, AL, AR, AZ, CA, CO, DE, FL, 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, WI, WY

Nurses: 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

Physicians: All States

Social Workers: AK, AL, AR, AZ, CA, CO, CT, DC, 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

School Psychologists: CA

For specific credit approvals and details, visit pesi.com/webcast/84023.

To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

Questions?

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

Lane Pederson, Dr. Eboni Webb, Sheri van Dijk, Steve Girardeau and PESI are not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organization.

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 \$30 cancel fee per day. Substitutions are permitted at any time.

Session IV: DBT in Action: Fundamentals, Following the Evidence, and DBT via Telehealth

Lane Pederson, PsyD – Host and Presenter

Elements of Dialectical Behavior Therapy have been used by therapists for decades. Yet many of those therapists have a limited understanding of important concepts and issues that directly affect DBT practice and outcomes.

In this presentation, Dr. Lane Pederson will detail the important differences between DBT and traditional CBT, and how those differences influence interventions. In addition, he will emphasize how acceptance-based strategies can be maximized in session, highlighting common myths about mindfulness that affect practice.

And finally, Dr. Pederson will tell you how to apply DBT in an evidence-based manner beyond the research literature, and share the latest in bringing DBT programming to clients via telehealth. Leave this session with a deeper knowledge of DBT and practical tips to bring back to your clients.

Learning Objectives

- 1. Assess three important distinctions between DBT and CBT.
- 2. Evaluate the differences between treatment fidelity and evidence-based practice
- 3. Determine three best practices for providing DBT via telehealth

Outline

Key similarities and differences between DBT and CBT

Different theories drive different interventions
Integrating acceptance to open the doors of change

Bring acceptance strategies to the session

Key tips that will transform your use of mindfulness
Debunking mindfulness myths
Tolerance in the moment: What therapists commonly miss

How to make practice-based DBT evidence-based for special settings and populations

Treatment fidelity and evidence-based practice
Different, yet equally legitimate ways of following evidence
Determine what works for your clients and setting

DBT online? Yes, you can!
Telehealth in the age of Covid-19
Future directions for DBT online

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 \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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 7.0 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 7.0 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.

*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.

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 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 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 **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.

REGISTRATION FORM

2020 DBT SUMMIT:
THE LATEST IN PRACTICE-BASED INNOVATIONS

SAVE TIME! Express Register Online: pesi.com/webcast/84023

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 Interactive Webcast**
November 18, 2020 **SUM84022**

\$219.99 tuition*
8am Central 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** **\$219.99**** **POS057190**

Includes:
Self-study CE Certificate
Lifetime On-demand Access
Downloadable Manual

☐ **DVD** **\$219.99***** **RNV057190**

Includes:
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 ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 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 or contact us at 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/84023

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 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, IL, 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, HI, HI, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.