

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/84216

Live Webcast Schedule (all 3 days) (Times listed in Eastern)

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

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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.

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

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