

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/express/85477

Live Seminar & Webcast Schedule (All 3 days. Time listed in Central)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
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.
 A more detailed schedule is available upon request.

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3-DAY Dialectical Behavior Therapy Certification Training

Bloomington, MN
 Wednesday-Friday
 September 15-17, 2021

Live Interactive Webcast
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Certification Training



Featuring Internationally Recognized DBT Expert, Speaker & Author,
Lane Pederson, Psy.D., LP



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This seminar meets the educational requirement when applying for certification in Dialectical Behavior Therapy through Evergreen Certifications.

Full certification requirements available at www.evergreencertifications.com/CDBT

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3-DAY Dialectical Behavior Therapy Certification Training

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.

Best of all, upon completion of this live training, you'll be eligible to become **Certified in Dialectical Behavior Therapy** (C-DBT) through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of using DBT in counselling. Professional standards apply. Visit www.evergreencertifications.com/CDBT for details.

Sign up today and get the skills and confidence you need to successfully help your clients with the power of DBT!

CERTIFICATION MADE SIMPLE!

- No hidden fees – **PESI pays for your application fee (a \$249.99 value)!**
- Simply complete this live event and the post-event evaluation included in this training, and your application to be **Certified in Dialectical Behavior Therapy** through Evergreen Certifications is complete.*

Attendees will receive documentation of C-DBT designation from Evergreen Certifications 4 to 6 weeks following the program. *Professional standards apply. Visit www.evergreencertifications.com/CDBT for professional requirements.



If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

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

Can't attend in person? You can still join us!

Watch live webcast from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR **Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit pesi.com for availability).

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**.

Meet Your Speaker

Lane Pederson, Psy.D., LP, as 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* (PEI, 2017); *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners* (Wiley, 2015); and *Dialectical Behavior Therapy Skills Training in Integrated Dual Disorder Treatment Settings* (PEI, 2013).

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. Lane Pederson, Psy.D., LP, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

Target Audience:

Counselors • Psychologists • Psychotherapists • Psychiatrists • Social Workers • Marriage & Family Therapists
Addiction Counselors • Case Managers • Nurses • Mental Health Professionals

Recommended Reading:

Purchase this training for these exclusive savings!



The DBT Deck for Clients and Therapists

By Lane Pederson

~~\$19.99~~ **\$14.99**



The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

By Lane Pederson & Cortney Pederson

~~\$34.99~~ **\$24.99**

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Addiction Counselors: This activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Counselors: This intermediate activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Minnesota Counselors: Application for MN BBHT continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/85477.

Wisconsin Counselors: CE credit is available. This course consists of 21.0 continuing education clock hours for Wisconsin Counselors. The Wisconsin Department of Safety and Professional Services (MPSW 19) accepts continuing education programs relevant to counseling by approved providers of the Association of Social Work Boards (Sec. 20-195cc-3). Please see social work CE statements for this program.

Marriage & Family Therapists: This activity consists of 1260 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Minnesota Marriage & Family Therapists: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.



Nurses, Nurse Practitioners, and Clinical Nurse Specialists: 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 21.0 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists & Physicians:



Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 21.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 21.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Minnesota Psychologists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/85477.

Wisconsin Psychologists: CE credit is available. This course consists of 21.0 continuing education credit hours for Wisconsin Psychologists. The State of Wisconsin Department of Safety and Professional Services under Wis. Administrative Code Chapter PSY 4 confirms acceptance of continuing education programs relevant to psychology by providers that are approved for Category 1 AMA credit. This live activity is certified for a maximum of 21.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



Social Workers

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 Live course receive 21.0 Clinical 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.

Minnesota Social Workers: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 21.0 continuing education hours.

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4 Recommended Reading

\$19.99 \$14.99 The DBT Deck for Clients and Therapists** book [PUB085485]

\$34.99 \$24.99 The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition** book [PUB084840]

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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