

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

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

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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 Wednesday-Friday
 November 3-5, 2021

Live Interactive Webcast
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We Are Back! Join In Person or Online!

3-DAY Dialectical Behavior Therapy

Certification Training

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



Become Certified!

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 is a powerful, evidence-based treatment that allows clinicians to provide positive outcomes for clients of all ages struggling with stress, depression, trauma, suicidal and self-destructive behaviors and a variety of other clinical presentations.

This 3-day Certification Training will build the core competencies you need to bring DBT into your clinical practice and effectively use it with a wide range of client types. In just 3 days you'll be given a roadmap to treat individuals using the skills and techniques from DBT so you can help your most challenging clients reach new levels of healing.

Even if you've attended other Dialectical Behavior Therapy (DBT) trainings, this program will increase your competency and clinical sophistication with DBT when working with adults, youth, substance users and trauma survivors in a wide variety of settings.

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 counseling. 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.

Target Audience:

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



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Meet Your 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.

Recommended Reading:

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Dialectical Behavior Therapy, Vol II, 2nd Edition

By Cathy Moonshine, PhD, MAC, CADCI & Stephanie Schaefer, PsyD, CADC I

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



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

By Lane Pederson & Cortney Pederson

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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 cepesi@pesi.com or 800-726-3888 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.

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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.

Massachusetts Counselors: CE credit is available. This program has been approved for 21.0 1 MaMHC/MACEP hours for re-licensure, in accordance with 262 CMR. Expires: 1/25/22. Full attendance is required; no partial credits will be offered for partial attendance.

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.

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Psychologists & Physicians:

Physicians

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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 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.

Social Workers (NASW): This Live Remote program is approved by the National Association of Social Workers (Approval #886759332-6019) for 21.0 continuing education contact hours.

Other Professions: This activity qualifies for 1260 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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

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As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

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We would be happy to accommodate your ADA needs; Please notify us at time of registration.

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