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 selfharming & 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 davs. 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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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.

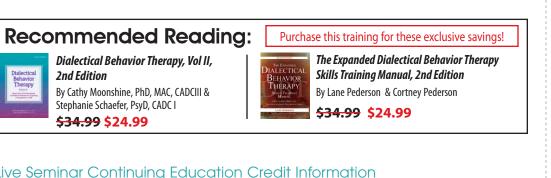
In addition to training in Dialectical Behavior Therapy for the treatment of borderline personality disorder, Dr. Jacob is an expert in Cognitive Therapy and a highly regarded clinician and scholar. He is a recipient of PCA's David W. Hall Advocacy Award, and has been a featured interview in Counseling 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

Charles Jacob, Ph.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.



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Massachusetts Counselors: CE credit is available. This program has been approved for 21.0 1 MaMHCA/MMCEP 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

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

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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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