

# 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/85913](http://pesi.com/webcast/85913)**

**Live Webinar 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).  
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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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](http://www.evergreencertifications.com/CDBT) for details.

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\*Professional standards apply. Visit [www.evergreencertifications.com/CDBT](http://www.evergreencertifications.com/CDBT) for professional requirements.*

## Meet Your Speaker

**Lane Pederson, Psy.D., LP**, has 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](http://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](http://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* (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).

Speaker Disclosure:

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.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage & Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit [pesi.com/webcast/85913](http://pesi.com/webcast/85913)

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## Recommended Reading:

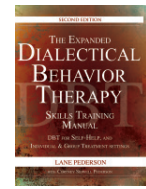


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Lane Pederson, Psy.D, LP

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**The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition**  
DBT for Self-Help and Individual &  
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Lane Pederson, Psy.D., LP & Cortney  
Pederson, MSW, LICSW

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