

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/86104

Live Webinar Schedule (all 3 days) (Times listed in Pacific)

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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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!

Target Audience:

Counselors • Psychologists • Psychotherapists • Psychiatrists • Social Workers
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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.*

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 (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 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.

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

For specific credit approvals and details, visit www.pesi.com/webcast/86104

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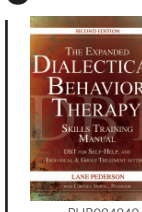
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Recommended Reading:



The DBT Deck for Clients and Therapists
101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships

Lane Pederson, Psy.D, LP
~~\$19.99~~ **\$14.99***



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

Lane Pederson, PsyD, LP
Cortney Pederson, MSW, LICSW

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

*Discount Included with purchase of the Webinar

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