

# 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/86580](http://pesi.com/webcast/86580)

### 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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## Live Online Certification Training

# 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



Limited Time Offer  
Your Certification Application Fee  
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## Live Interactive Webinar

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**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 • Social Workers • Marriage & Family Therapists  
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*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](http://www.evergreencertifications.com/CDBT) for professional requirements.*

## 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.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [pesi.com/webcast/86580](http://pesi.com/webcast/86580)

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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This program is Approved by the National Association of Social Workers (Approval # 886759332-6019) for 21.0 Social Work continuing education contact hours.



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.

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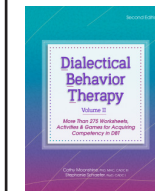
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## Recommended Reading:

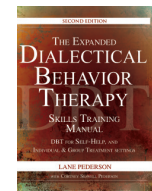


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Cathy Moonshine, PhD, MAC, CADCII  
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