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

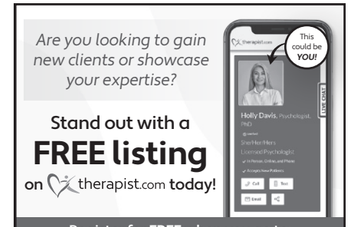
Adapt DBT with Different Populations
Children and adolescents
Trauma survivors
Substance abusers

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/87184

Live Webinar Schedule *(all 3 days)*
(Times listed in Eastern)
8:00 Program begins
11:50-1:00 Lunch Break
4:40 Program ends
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Actual lunch and break start times are at the discretion of the speaker.
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**Professional standards apply. Visit www.evergreencertifications.com/CDBT for professional requirements.*

Meet Your Speaker

Katelyn Baxter-Musser, LCSW, CDBT, is a licensed clinical social worker and is certified in Dialectical Behavior Therapy (CDBT) through Evergreen Certifications Institute.

Ms. Baxter-Musser is trained in DBT and incorporates it into her practice in working with adolescents and adults presenting with a variety of concerns. She has facilitated DBT skill groups and has used DBT in individual therapy in private practice and in work for several agencies. Her years of experience using DBT principles in her practice have helped her clients to develop healthier coping skills, better process their past traumas, and increase their ability to identify and cope with destructive emotions.

Ms. Baxter-Musser is also trained in Cognitive Behavioral Therapy and is a certified EMDR therapist. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management and the Maine Collaborative Law Alliance. She sits on the EMDRIA Standards and Training Committee and is the co-regional coordinator for the EMDRIA Southern Maine Regional Network. She works in private practice where her areas of expertise include the treatment of trauma, PTSD, depression, anxiety, grief and relationship issues.

Speaker Disclosures:

Financial: Katelyn Baxter-Musser, LCSW, CDBT, is the Owner, Operator and Trainer at Inner Awakening Counseling & Consulting and receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

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

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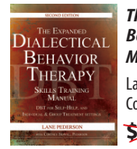
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Lane Pederson, PsyD, LP
~~$22.99~~ **$17.99***
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The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition
Lane Pederson, PsyD, LP
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