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

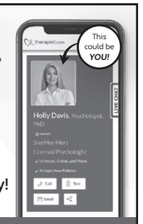
DBT: The Therapist and Consultation Group
- 3 ways to decrease therapist burnout
- The characteristics of an effective DBT team
- Integrating DBT into your practice

Learning Objectives can be viewed at pesi.com/webcast/87311

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.
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Even if you've attended other Dialectical Behavior Therapy (DBT) trainings, this program will increase your competency and clinical sophistication with DBT when working with adults, youth, substance users and trauma survivors in a wide variety of settings.

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**Professional standards apply. Visit www.evergreencertifications.com/CDBT for professional requirements.*

Meet Your Speaker

Charles Jacob, PhD, is a faculty member at Sacred Heart University in Connecticut. 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. He has 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.

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*.

Speaker Disclosures:

Financial: Dr. Charles Jacob maintains a private practice and has employment relationships with the University of Pennsylvania and Sacred Heart University. He is a published author and receives royalties. receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Charles Jacob is a member of the American Counselor Association.

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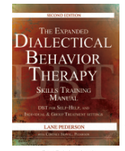
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Recommended Reading:



Dialectical Behavior Therapy, Vol II, 2nd Edition
Cathy Moonshine, PhD, MAC, CADCIII
Stephanie Schaefer, PsyD, CADC I
~~$34.99~~ **$24.99***
PUB085940



The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition
Lane Pederson, PsyD, LP
Cortney Pederson, MSW, LICSW
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