

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!

Live Seminar & Webinar Schedule

(Listed in Pacific time) (All 3 days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

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.



If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

Target Audience:

Counselors • Psychologists • Psychotherapists • Psychiatrists • Social Workers • Marriage & Family Therapists
Addiction Counselors • Case Managers • Nurses • Mental Health Professionals

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). 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. He has no relevant financial relationships with ineligible organizations.

Non-financial: Lane Pederson has no relevant non-financial relationship to disclose.

Here's What Your Colleagues Are Saying!

★★★★★

"This was a great training and has increased my interest and engagement in using DBT techniques in treatment!" – Jessie Patterson, Counselor

★★★★★

"Lane was personable and so skillful with DBT, I have been working on this CE for a few months and I really feel prepared to continue implementation with clients." – Melony Candler, Counselor

★★★★★

"This was really great! I learned a lot and Lane was an excellent presenter and expert on the material. He explained everything very clearly." – Lisa Goldberg, Psychologist

★★★★★

"Best PESI training I have taken." – Dominique Couture, Social Worker

★★★★★

"I really enjoyed this training. It was very validating for current practices and allowed language for growth in the future. Lane was great!" – Mary Waggoner, Nurse

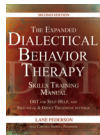
Recommended Reading:



The DBT Deck for Clients and Therapists

By Lane Pederson

~~\$22.99~~ **\$17.99**



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

By Lane Pederson & Cortney Pederson

~~\$36.99~~ **\$26.99**

Purchase this training for these exclusive savings!



We Are Back! Join In Person or Online!

3-DAY

Dialectical Behavior Therapy Certification Training

Anaheim, CA

Tuesday - Thursday
November 8 - 10, 2022

Live Interactive Webinar

Tuesday - Thursday
November 8 - 10, 2022



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We Are Back! Join In Person or Online!

3-DAY

Dialectical Behavior Therapy

Certification Training



Featuring Internationally Recognized
DBT Expert, Speaker & Author,
Lane Pederson, Psy.D., LP



BECOME A CERTIFIED IN DIALECTICAL BEHAVIOR THERAPY!

This seminar meets ALL requirements to become certified in Dialectical Behavior Therapy (C-DBT) through Evergreen Certifications! Professional standards apply, visit www.evergreencertifications.com/CDBT for full certification details.

Anaheim, CA

Tuesday - Thursday
November 8 - 10, 2022

Live Interactive Webinar

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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
- 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 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

Objectives

1. Analyze the origins of Biosocial Theory and communicate the clinical implications of the theory.
2. Determine how DBT skills can help clients identify unhealthy interaction styles.
3. Determine how mindfulness skills can empower clients to interpret situations in new ways and react in healthier ways.
4. Demonstrate how clinicians can effectively teach DBT skills and encourage support and constructive feedback in a group setting.
5. Develop ways in which clinicians can maximize client buy-in for DBT homework assignments.
6. Determine how interpersonal skills training can be used with clients to improve relationships.
7. Determine how DBT skills can be used to decrease the likelihood of compassion fatigue in clinicians.
8. Demonstrate how DBT skills can be utilized to identify and overcome obstacles to changing emotions and reactive behaviors.
9. Devise ways in which DBT can be adapted for working with children and adolescents.
10. Appraise how DBT can be used in working with trauma survivors.
11. Demonstrate how diary cards can be used by clients to monitor their emotions and track how they are using DBT skills to deal with challenges.
12. Effectively utilize a chain analysis with clients to help them gain insight into how they can change problem behaviors.
13. Determine how opposite action strategies can be used by clients to reduce self destructive urges.
14. Support how interpersonal effectiveness exercises can be employed in therapy to help clients keep relationship without sacrificing their self-respect.
15. Utilize a pros and cons list that can help clients see the consequences of their actions and make better choices when they are faced with a difficult decision.
16. Apply strategies to confront therapy interfering behaviors and help clients overcome avoidance.
17. Determine how Dialectical Behavior Therapy interventions can help clients foster radical acceptance of traumatic events and reduce feelings of shame, guilt and fear.
18. Specify how the STOP skills can help clients to manage crisis situations and prevent them from doing something impulsive they might regret later.
19. Determine how clinicians can use the levels of validation to enhance the therapeutic alliance and teach clients to validate themselves.
20. Employ DBT skills that can be used with clients to reduce self-harm and suicidal behaviors.
21. Develop a client’s Wise Mind state so they can be more aware and less impulsive in their actions.

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Can’t attend in person? You can still join us! Watch live Webinar from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) OR Watch on-Demand – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours and approvals may vary from live event, visit pesi.com for availability).

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Spencer Jahnke** at sjahnke@pesi.com or call **715-855-8206**.

CERTIFICATION MADE SIMPLE!



- No hidden fees – PESI pays for your application fee (a \$249 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 (C-DBT) 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.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Addiction Counselors: This activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

California Alcoholism & Drug Abuse Counselors (CCAPP): PESI, Inc. is an approved provider by the CCAPP-El, Provider #: OS-03-036-1021. This activity meets the qualifications for 21.0 CEHs (continuing education hours).

California Alcoholism & Drug Abuse Counselors (CADTP): PESI, Inc. is an approved provider by the CADTP, Provider #: 201. This Category C activity meets the qualifications for 21.0 CEUs (continuing education hours).

California Counselors: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 21.0 clock hours of continuing education instruction.

Marriage & Family Therapists: This activity consists of 1260 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

California Marriage & Family Therapists: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 21.0 clock hours of continuing education instruction.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 21.0 contact hours.

Partial contact hours will be awarded for partial attendance.

California Nurses: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 17118 for 21.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

Psychologists & Physicians:

Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 21.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 21.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

California Psychologists: CE credit is available. This course consists of 21.0 continuing education credit hours for California Psychologists. The California Board of Psychology recognizes and accepts for continuing education credit courses that are specifically applicable and pertinent to the practice of psychology and by entities approved by the ACCME (Accreditation Council for Continuing Medical Education). This live activity is certified for a maximum of 21.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



Social Workers: 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.

California Social Workers: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 21.0 clock hours of continuing education instruction.

Other Professions: This activity qualifies for 1260 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

SIGN UP TODAY!

3-Day DBT Certification Training

SAVE TIME! Express Register Online: pesi.com/express/87746

1 Please complete entire form if sending by mail *please print legibly* ©2022

*Email address _____
*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name _____ Profession _____

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City _____ County _____ State _____ Zip _____

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*Required for event updates

2 Live Training Options (make copy for your records)

A SELECT LOCATION

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B SELECT LIVE IN-PERSON TUITION includes downloadable seminar manual

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- ☐ per person for 2 or more preregistering together —OR—
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- ☐ **\$599.99** registration (add tax in HI & NM)

3 Home Study Options

- ☐ **On-Demand Digital Seminar \$599.99*** POS056220
- ☐ **DVD \$599.99**** RNV056220

* plus applicable sales tax, visit www.pesi.com/faq for more information

4 Recommended Reading

- ☐ **\$22.99 \$17.99** The DBT Deck for Clients and Therapists** book
PUB085485
- ☐ **\$36.99 \$26.99** The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition** book
PUB084840

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

5 Select Payment Method

All registrations must be prepaid.

- ☐ Check enclosed payable to **PESI, Inc.**
- ☐ Purchase order enclosed (Fed ID # 26-3896894)

- ☐ MC 16 digits
- ☐ VISA 13-16 digits
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IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **Get a Group Discount!** Contact us at pesi.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required
- **\$100 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.
- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit www.pesi.com/students for details.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

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