

# 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/87765](https://pesi.com/webcast/87765)

### 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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3-DAY

# Dialectical Behavior Therapy

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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**  
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*\*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: 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.  
Charles Jacob, Ph.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

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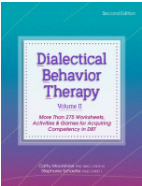
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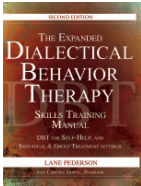
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**Recommended Reading:**



**Dialectical Behavior Therapy, Vol II, 2nd Edition**  
Cathy Moonshine, PhD, MAC, CADCII  
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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