

# 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/88148](https://pesi.com/webcast/88148)

#### Live Webinar Schedule (all 3 days) (Times listed in Mountain)


**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** Certification Training



Featuring,  
**Katelyn Baxter-Musser,**  
LCSW, CDBT

- 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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## 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



**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.

Non-Financial: Katelyn Baxter-Musser, LCSW, CDBT, is a member of the EMDRIA Standards and Training Committee, the Southern Maine EMDR Collation, the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, and the National Center for Crisis Management.

## 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, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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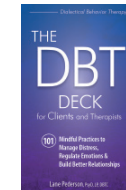
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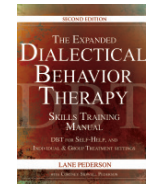


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Lane Pederson, PsyD, LP

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Lane Pederson, PsyD, LP  
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