

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/88530

Live Webinar Schedule (all 3 days) (Times listed in Central)


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

- Core skills and adaptations to successfully bring DBT into your practice
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- Easy to use worksheets and exercises



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This 3-day Certification Training will build the core competencies you need to bring DBT into your clinical practice and effectively use it with a wide range of client types. In just 3 days you'll be given a roadmap to treat individuals using the skills and techniques from DBT so you can help your most challenging clients reach new levels of healing.

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.

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!

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- No hidden fees – **PESI pays for your application fee (a \$249.99 value)!**
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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 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 an EMDRIA approved consultant. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress and the National Center for Crisis Management. She has previously sat on the EMDRIA Standards and Training Committee and was 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 is the owner, operator, trainer of Inner Awakening Counseling & Consulting. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Katelyn Baxter-Musser 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.

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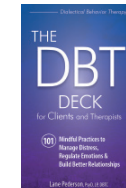
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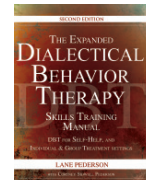


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Lane Pederson, PsyD, LP

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Lane Pederson, PsyD, LP
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