

# 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/89268](https://pesi.com/webcast/89268)


### 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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**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



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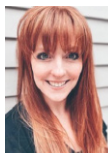
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## Meet Your Speaker



**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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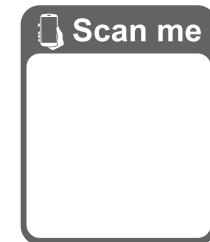
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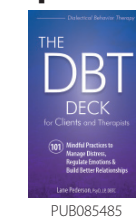
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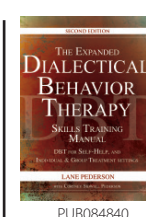
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