

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/89408


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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- Core skills and adaptations to successfully bring DBT into your practice
- Overcome common stumbling blocks to implementing DBT
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