

Outline

Being Dialectical

Having a both/and perspective
The opposite of seeing the world as dichotomies

The Spirit of DBT:

Using theory & philosophy to inform our clinical practices

DBT's five modes and how to creatively achieve their purpose

- 1. Skills training
- 2. Individual therapy
- 3. Phone coaching
- 4. Team consultation
- 5. Ancillary treatment

How DBT's areas of emphasis are helpful for many

Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness

The Meta Skills

The hardest & perhaps most important skills
Applying these skills to a clinical presentation

Diary cards

Reminds client to use skills and help them become second nature

Secondary Skills

Targeted & simple skills clients can start using right away
Clinical practice by applying these skills to your clients

Facilitating change

Stages of change
Motivational Interviewing
Values and committed actions

Ancillary Skills

A few more skills in case you need something else
Clinical practice by applying these skills to your client
Learning skills from clients
Creating additional skills if you need them

Chain Analysis

Helping clients learn to use their skills to manage their vulnerabilities and triggers to minimize or eliminate problem behavior

Case Conceptualization

Putting all the pieces together
Creating treatment plans, measurable objectives, and progress notes that are consistent with the DBT framework.
Applying these skills to your clients

Clinical Presentations

Trauma is, perhaps, the most common thing we treat
Mental health disorders such as depression and anxiety
Problematic substance use and addiction
Using DBT to foster healthy development, resilience, and functional relationships

Ages, Formats, and Settings

Kids, teenagers, and adults.
Individual, group, milieu therapy and outreach.
Intensive outpatient programs, residential centers and hospitals.
PCP offices and other health care settings
Schools and community programs

Our Ethical Obligation for Self-care

Using DBT framework and skills to increase our resilience and avoid burnout

Live Course Schedule (Both Days)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 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.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

Objectives

1. Analyze the framework and function of the full fidelity practice of Dialectical Behavior Therapy.
2. Understand when to refer to a comprehensive DBT clinic or clinician.
3. Strategize how to use DBT in a variety of settings and across the lifespan.
4. Integrate the philosophy, techniques, and strategies of DBT into clinical practice to create an effective customized DBT clinical process.
5. Conceptualize how the Meta Skills, Secondary Skills, and Ancillary Skills will increase client functioning and life satisfaction.
6. Explore how to integrate these skills into individual, group, and milieu therapy as well as health care settings.
7. Apply DBT strategies and skills to mental health, addiction, and dual diagnosis clients.
8. Employ streamlined diary cards & chain analysis protocols in clinical practice.
9. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.
10. Designate additional tools and resources for implementing DBT in a clinical setting.
11. Articulate a variety of strategies for teaching DBT skills to clients.
12. Integrate the theory and techniques of DBT into your clinical practice.

Speaker

Dr. Cathy Moonshine is a Licensed Clinical Psychologist and Addiction Specialist who has served as a clinician, supervisor, and director for several decades. She serves as the behavioral health director at Hawaii Island Family Medicine residency and Health Clinic at Hilo Medical Center on the Big Island of Hawaii. Dr. Moonshine has over 30 years of experience in public, university, and private mental health and substance abuse treatment settings across all levels of care. She is a recognized expert in addiction treatment and dialectical behavioral therapy having provided trainings nationally and internationally on many mental health and substance use disorders topics. Dr. Moonshine is Professor Emeritus at Pacific University in Oregon.

Speaker Disclosure:

Financial: Cathy Moonshine is the behavioral health director at Hawaii Island Family Medicine and Health Clinic. She is Professor Emeritus at Pacific University in Oregon. Dr. Moonshine receives a speaking honorarium from PESI, Inc.

Non-financial: Cathy Moonshine has no relevant non-financial relationship to disclose.

Questions? Call customer service at **800-844-8260**

Target Audience:

Counselors • Psychologists • Psychotherapists • Social Workers • Marriage & Family Therapists
Addiction Counselors • Case Managers • Mental Health Professionals • Nurses • Occupational Therapists • Occupational Therapy Assistants

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Advanced Dialectical Behavioral Therapy (DBT) Certificate Course

2-Day Intensive Training

HONOLULU, HI
Thursday & Friday
August 8 & 9, 2019



Register now! [pesi.com/express/72393](https://www.pesi.com/express/72393)

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Advanced Dialectical Behavioral Therapy (DBT) Certificate Course

2-Day Intensive Training

- Expert guidance to ensure clinician's mastery of DBT skills and treatment protocols
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- Over 40 of the best DBT handouts in one source!

HONOLULU, HI
Thursday & Friday
August 8 & 9, 2019



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Become
CBT Certified!
Details Inside

Advanced Dialectical Behavioral Therapy (DBT) Certificate Course

▶ 2-Day Intensive Training ◀

DBT is a powerful, evidence-based treatment tool that allows clinicians to provide positive outcomes for clients of all ages with a variety of clinical presentations.

But your worried that DBT skills and techniques will be too time consuming to train on, too difficult to align with your existing treatment approaches, and too rigid to meet the needs of clients who would benefit from DBT practiced more flexibly.

Attend this 2-day Certificate Training and build the core competencies you need to use DBT in your clinical practice and employ it creatively and adaptively for optimal outcomes with a wide range of client types. In just 2 days you'll be given a roadmap to treat individuals with mental health and substance use disorders with skills and techniques from DBT, empowering you to 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 when working with adults, youth, and families in a wide variety of settings.

Key Benefits of Attending:

- Interactive activities and exercises that facilitate retention and mastery of material
- Customization strategies for various settings and clinician styles
- Worksheets! More than 40 to meet the needs of any client type or age

Sign up today!

Course Highlights

- Learn DBT “inside-out” from theory to application and build a foundation of DBT competency
- Use DBT flexibly, creatively & effectively for a variety of presenting problems & diagnoses in individual and group therapy
- Apply DBT to many clinical presentations, age groups and diversity making this complex model work for a variety of clients including non-traditional settings and formats
- Use case examples as a guide for effective application of skills in clinical situations



BECOME CERTIFIED!

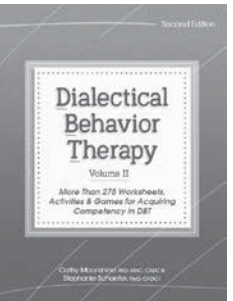
This course counts toward the educational hours required for certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI).
Visit evgci.com for the full certification requirements.



Dialectical Behavior Therapy, Vol 1, 2nd Edition The Clinician's Guidebook for Acquiring Competency in DBT

By Cathy Moonshine, PhD, MAC, CADCI **YOUR SPEAKER** and Stephanie Schaefer, PsyD, CADC I

Learn Dialectical Behavior Therapy (DBT) in a more flexible and creative way. Filled with strategies to customize and adapt DBT to various settings, while still maintaining a dialectical balance, being mindfully present and making use of DBT skills. 16 clinical vignettes to practice skills learned.



Dialectical Behavior Therapy, Vol II, 2nd Edition More than 275 Worksheets, Activities & Games for Acquiring Competency in DBT

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Add innovative strategies and skills to your DBT toolbox. Filled with more than 275 reproducible worksheets, coloring pages, posters, puzzles, games and clinical vignettes. Skills can be used for yourself, or with clients.

LIVE COURSE CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

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Cathy Moonshine, Ph.D., MAC, CADC III, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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— **Dialectical Behavior Therapy, Vol II, 2nd Edition*** book \$34.99 (PUB085940)

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