

Outline

History & Philosophy of DBT

Dialectics explained  
Core philosophies in practice  
Skills training techniques

Mindfulness Skills

Grounded in the present while being connected to past & future  
Using core skills to achieve “Wise Mind”  
Learn classic and innovative mindfulness skills  
Mindfulness exercises

Distress Tolerance Skills

Building frustration tolerance  
Utilizing crisis survival strategies and plans  
Learn classic and innovative Distress Tolerance skills  
Distress Tolerance exercises

Emotion Regulation Skills

Understanding emotions and reducing vulnerability  
Incorporating self-care, opposite action and building positive experience  
Learn classic and innovative emotional regulation skills  
Emotional regulation exercises

Interpersonal Effectiveness Skills

Balance in relationships  
Objective, relationship and self-respect effectiveness  
Learn classic and innovative interpersonal effectiveness skills  
Interpersonal effectiveness exercises

DBT in Practice

Understanding how therapy works: The Contextual Model  
Evidence-based practice  
Maximizing therapeutic factors, DBT-style  
Essential elements and functions of DBT revisited

Structure Therapy

Structure as a therapeutic factor  
Structuring the therapy environment  
Identifying treatment targets: suicidality, self-injurious behavior (SIB), therapy-interfering behavior (TIB), and other targets

Validation

Levels of validation  
Validation as an informal exposure technique

Best Methods of Changing Behaviors

Self-monitoring with the diary card  
Behavioral contingencies  
DBT-style cognitive interventions  
Behavior Chain (Change) Analysis

Communication Styles: Reciprocal and Irreverent Consultation Group

Increase your motivation  
Develop effective responses  
Qualities of effective treatment teams

Next Steps: Develop Your Proficiency in DBT

Earn Your Certificate Today!

**Live Seminar 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.

Objectives

- 1. Integrate the theory and techniques of DBT into your clinical practice.
- 2. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness.
- 3. Incorporate how to integrate DBT skills for individual and group therapy treatment.
- 4. Utilize DBT skills for treating mental health symptoms, chemical dependency and complex co-morbidity.
- 5. Designate additional tools and resources for implementing DBT in a clinical setting.
- 6. Articulate a variety of strategies for teaching DBT skills to clients.
- 7. Recommend how to seamlessly integrate DBT skills into individual therapy.
- 8. Discriminate the DBT model from cognitive-behavioral, client-centered, and other treatment modalities.
- 9. Practice a multi-layered approach to validation of clients’ thoughts and feelings.
- 10. Employ DBT diary cards and chain (change) analysis in clinical practice.
- 11. Propose how to operate with consultative groups and treatment teams.
- 12. Assess and manage self-injurious and suicidal behaviors with clear protocols and safety plans.

Course Highlights

- Use DBT flexibly, creatively and effectively for a variety of clients
- Build a foundation of DBT competency
- Integrate DBT skills into individual and group therapy
- Use case examples as a guide for effective application of skills in clinical situations
- Learn DBT “inside-out” from theory to application
- Practice diary cards and chain analysis protocols

Speaker

**Brad Simpson, DSW, LCSW**, is intensively trained in Dialectical Behavioral Therapy (DBT) from Behavioral Tech and is currently the Executive Director at Sunrise Residential Treatment Center, a fully adherent DBT program. Dr. Simpson specializes in working with families, couples and individuals in acute inpatient, intensive outpatient, outpatient and residential settings. Apart from his ambition and passion for working at Sunrise RTC over the last 13 years, Brad avidly enjoys activities outside of his career such as running, mountain biking, weightlifting, longboarding and spending time with his family. He is also an enormous spectator of all sports.

Additionally, Dr. Simpson teaches courses at Brigham Young University, Idaho. He received his Doctoral Degree in Social Work from the University of Tennessee, a Master’s Degree in Social Work from the University of Utah and a Bachelor’s Degree in Social Work from Brigham Young University, Idaho. He has recently completed a four-day mindfulness training with Marsha Linehan, the founder of DBT.

**Speaker Disclosures:**  
Financial: Dr. Brad Simpson is an adjunct faculty member at Brigham Young University-Idaho. He is the Executive Director at the Sunrise Residential Treatment Center. Dr. Simpson receives a speaking honorarium from PESI, Inc.  
Non-financial: Dr. Brad Simpson has no relevant non-financial relationships to disclose.

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2-Day Intensive Training

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Monday & Tuesday  
November 4 & 5, 2019

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Details Inside

Dialectical Behavior Therapy (DBT) Certificate Course

2-Day Intensive Training

- Use DBT flexibly, creatively and effectively
- Make this complex model work for a variety of clients
- Integrate DBT skills into individual and group therapy
- Take home many client resources and worksheets
- Practice diary cards and chain analysis protocols

Earn Your Certificate Today!  
This course counts towards the educational requirements when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI)

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Details Inside



# Dialectical Behavior Therapy (DBT) Certificate Course

## ▶ 2-Day Intensive Training ◀

Dialectical Behavior Therapy (DBT) is an empirically validated approach for working with mental health, chemical dependency, and complex co-morbidity. Designed to empower clients to establish mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness, DBT assists clinicians in treating clients with emotional problems, suicidal, self-harm, and self-sabotaging urges and behaviors, and challenging interpersonal styles.

Attend this 2-day certificate course and receive a detailed understanding and foundation of the skills of Dialectical Behavior Therapy (DBT) as applied to clients with mental health and chemical dependency issues. Going beyond symptom management, these skills are designed to improve functioning to build satisfying lives.

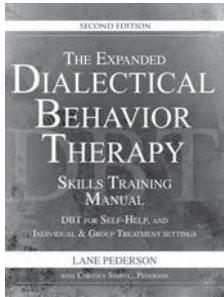
This course explores DBT's theoretical basis, specific DBT interventions, and how to teach skills in individual and group settings. Familiarity with these skills and techniques along with experiential exercises will enhance your clinical skills and professional development.

Guided by the latest research and policy in evidence-based practices, this course teaches the clinical process and content of DBT from theory to practice. Going beyond prescriptive applications, this course shows you how to use essentials such as validation, dialectical strategies, communication styles, and the best ways of changing behaviors in order to effectively balance acceptance and change with your clients. Complete with education on user-friendly diary cards and chain analysis protocols, you will leave this seminar with increased DBT competency as well as many new tools including client worksheets to bring to your clinical practice.

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

This course counts towards the educational requirement when applying for Certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI)

**\*DON'T FORGET TO SAVE BY INCLUDING THESE PRODUCTS WITH COURSE REGISTRATION\***



### **The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition: DBT for Self-Help and Individual & Group Treatment Settings**

By Lane Pederson, Psy.D., LP & Cortney Pederson, MSW, LICSW

Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.

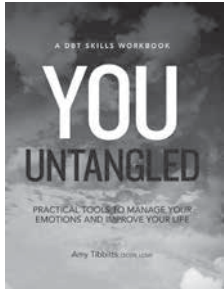


### **The DBT Deck for Clients and Therapists**

*101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships*

By Lane Pederson, Psy.D., LP

Filled with tips, ideas, calls to action, and brief exercises, these cards will be a daily go-to as you learn skills needed to enjoy the ups - and navigate the downs - of real-world life. And best yet, because skills take repeated practice, you cannot outgrow this deck, you can only grow with it! Filled with coping strategies, tools to accept change, self-soothing practices, ways to increase self-respect, and conflict resolution tips.



### **You Untangled: Practical Tools to Manage Your Emotions and Improve Your Life**

By Amy Tibbitts, LSCSW, LCSW

If clients have been diagnosed with Borderline Personality Disorder (or BPD), experience emotional suffering or simply have difficulty managing emotions, *You Untangled* can help. With the compassionate guidance and practical skills presented in this workbook, clients can conscientiously create a path toward the healthy, happy and fulfilling future.



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

**Visit [evgci.com](http://evgci.com) for the full certification requirements.**



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.**

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Counselors • Psychologists • Psychotherapists • Social Workers • Marriage & Family Therapists  
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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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The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Marnie Sullivan** at [msullivan@pesi.com](mailto:msullivan@pesi.com) or call **715-855-8226**.

Brad Simpson, DSW, LCSW is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

### **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 [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

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**California Alcoholism & Drug Abuse Counselors:** PESI, Inc. is an approved provider by the CCAPP-EL, Provider #: OS-03-036-1017. This activity meets the qualifications for 12.5 CEH's (continuing education hours).

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**California Social Workers:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licenses/cont\\_ed.html](http://www.bbs.ca.gov/licenses/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 12.0 clock hours of continuing education instruction.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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