

3-DAY Dialectical Behavior Therapy

Certification Training

Dialectical Behavior Therapy is a powerful, evidence-based treatment that allows clinicians to provide positive outcomes for clients of all ages struggling with stress, depression, trauma, suicidal and self-destructive behaviors and a variety of other clinical presentations.

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.

Better still, you'll not only leave this event with a powerful treatment approach, you'll also have fulfilled the educational requirements should you choose to pursue **Certification in Dialectical Behavior Therapy through Evergreen Certification Institute** (visit evgci.com for details).

Sign up today and get the skills and confidence you need to successfully help your clients with the power of DBT!



Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 22-24, 2020 for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$99.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/76110

PESI, Evergreen Certification Institute, and Katelyn Baxter-Musser are not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations

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

Live Seminar & Webcast Schedule (each day) (Times listed in Central)

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

Wednesday-Friday, January 22-24, 2020

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3-DAY Dialectical Behavior Therapy Certification Training

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



Become Certified!

This seminar meets the educational requirement when applying for certification in Dialectical Behavior Therapy through Evergreen Certification Institute (EVGCI).

Full certification requirements available at evgci.com

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Objectives

- 1. Explore the origins of Biosocial Theory and communicate the clinical implications of the theory.
- 2. Specify how DBT skills can help clients identify unhealthy interaction styles.
- 3. Characterize how mindfulness skills can empower clients to interpret situations in new ways and react in healthier ways.
- 4. Communicate how clinicians can effectively teach DBT skills and encourage support and constructive feedback in a group setting.
- 5. Establish ways in which clinicians can maximize client buy-in for DBT homework assignments.
- 6. Determine how interpersonal skills training can be used with clients to improve relationships.
- 7. Specify how DBT skills can be used to decrease the likelihood of compassion fatigue in clinicians.
- 8. Characterize how DBT skills can be utilized to identify and overcome obstacles to changing emotions and reactive behaviors.
- 9. Communicate ways in which DBT can be adapted for working with children and adolescents.
- 10. Provide a brief explanation of how DBT can be used in working with trauma survivors.
- 11. Establish how diary cards can be used by clients to monitor their emotions and track how they are using DBT skills to deal with challenges.
- 12. Specify how a chain analysis can be effectively utilized with clients to help them gain insight into how they can change problem behaviors.
- 13. Determine how opposite action strategies can be used by clients to reduce self-destructive urges.
- 14. Support how interpersonal effectiveness exercises can be employed in therapy to help clients keep relationship without sacrificing their self-respect.
- 15. Establish how a pros and cons list can help clients see the consequences of their actions and make better choices when they are faced with a difficult decision.
- 16. Communicate strategies to confront therapy interfering behaviors and help clients overcome avoidance.
- 17. Articulate how Dialectical Behavior Therapy interventions can help clients foster radical acceptance of traumatic events and reduce feelings of shame, guilt and fear.
- 18. Specify how the STOP skills can help clients to manage crisis situations and prevent them from doing something impulsive they might regret later.
- 19. Determine how clinicians can use the levels of validation to enhance the therapeutic alliance and teach clients to validate themselves.
- 20. Establish how DBT skills can be used with clients to reduce self-harm and suicidal behaviors.
- 21. Characterize how clinicians can help develop a client's Wise Mind state so they can be more aware and less impulsive in their actions.

Target Audience:

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

Speaker

Katelyn Baxter-Musser, LCSW, CDBT is a licensed clinical social worker and is certified in Dialectical Behavior Therapy (DBT) through Evergreen Certification 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 a certified EMDR therapist. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management and the Maine Collaborative Law Alliance. She sits on the EMDRIA Standards and Training Committee and is 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 maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Katelyn Baxter-Musser is a member of the National Association of Social Workers.

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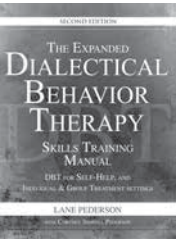


The DBT Deck for Clients and Therapists

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

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.

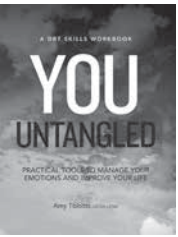


The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

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.



You Untangled

Practical Tools to Manage Your Emotions and Improve Your Life

By Amy Tibbitts, LCSW, 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.

More info and resources at www.pesi.com

Live Seminar Continuing Education Credit Information for the Entire Conference

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 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 Network.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 21.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Illinois Addiction Counselors: This course has been submitted to the IADAPCA for review.

Counselors: This intermediate activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Illinois Counselors: This intermediate activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Missouri Counselors: This intermediate activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Marriage & Family Therapists: This activity consists of 1260 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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Questions? Call customer service at 800-844-8260

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Have a seminar idea? A manuscript to publish? 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 Rya Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

Illinois Marriage & Family Therapists: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 21.0 credits.



Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 21.0 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists: This live activity consists of 21.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

Illinois Psychologists: PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 21.0 contact hours.



Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 21.0 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Illinois Social Workers: PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 21.0 contact hours.

Other Professions: This activity qualifies for 1260 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.



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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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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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- **\$90 Tuition:** If you are interested in being our registration coordinator for all 3 days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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3-Day Dialectical Behavior Therapy
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— Seminar on CD* (audio) \$599.99 (RNA055335)

— *The DBT Deck for Clients and Therapists** \$19.99 (PUB085485)

— *The Expanded DBT Skills Training Manual, 2nd Edition** \$34.99 (PUB084840)

— *You Untangled** book \$24.99 (PUB085425)

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