

2-Day Dialectical Behavior Therapy (DBT) Intensive Training Course

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.

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

Attend this 2-day intensive training 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.

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

Objectives

1. Explain the underlying theory of Dialectics and Dialectic Behavior Therapy.
2. Integrate DBT skills for individual and group therapy treatment into practice.
3. Teach DBT skills in the areas of Mindfulness, Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness to clients.
4. Utilize specific DBT skills for the treatment of a range of mental health symptoms, chemical dependency and complex co-morbidities.
5. Describe DBT tools and resources used to effectively change behavior.
6. Articulate a variety of strategies for teaching DBT skills to clients.
7. Demonstrate the use of crisis survival strategies to enhance distress tolerance.
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. Apply DBT diary cards and chain (change) analysis techniques to address specific clinical issues in practice.
11. Summarize how to effectively operate consultative groups and treatment teams.
12. Assess and manage self-injurious and suicidal behaviors with clear protocols and safety plans.
13. Discuss the limitations and risks of DBT and areas of ongoing or future research regarding DBT effectiveness.

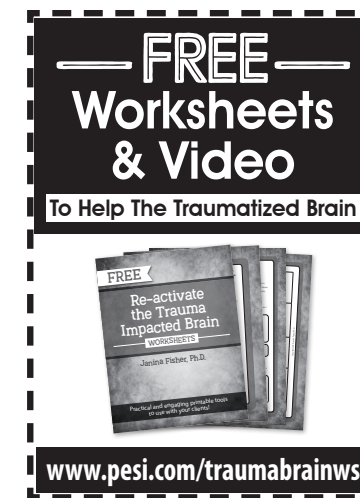
Questions? Call customer service at 800-844-8266



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.**

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 Marnie Sullivan at msullivan@pesi.com or call 715-855-8226.



NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

▶ 2-Day ◀

Dialectical Behavior Therapy (DBT) Intensive Training Course

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

NEW ORLEANS, LA
Monday & Tuesday
January 20 & 21, 2020

Register now! pesi.com/express/76156

▶ 2-Day ◀

Dialectical Behavior Therapy (DBT) Intensive Training Course

- 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

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

NEW ORLEANS, LA
Monday & Tuesday
January 20 & 21, 2020



A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Register now! pesi.com/express/76156

Outline

History & Philosophy of DBT

Dialectics explained
Core philosophies in practice
Skills training techniques
Limitations of the research and potential risks

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

Emotional 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

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.

Speaker

Brandi Reynolds, Psy.D., is a mental health treatment coordinator within the Psychology Services Branch of the Federal Bureau of Prisons (BOP). She has worked with the BOP for over 10 years in various capacities as a licensed psychologist. Dr. Reynolds helped to develop, facilitate, and coordinate a residential mental health unit providing intensive group and individual DBT for offenders whom are diagnosed with Borderline Personality Disorder, engage in self-directed violence and have traditionally had difficulty with adjustment to incarceration in the Bureau of Prisons. Dr. Reynolds oversees all of the residential mental health programs for the BOP as well as provides placement and treatment recommendations for the seriously mentally ill offenders in federal custody. In this capacity she serves as a consultant for treatment program staff on program admission, treatment provision, and program evaluation. Dr. Reynolds has been formally trained in Dialectal Behavior Therapy and provided numerous hours of group and individual DBT services for offenders throughout her career. She has developed and provided trainings for clinicians, students, BOP custody and executive staff, state correctional facilities, and correctional conferences in the areas of DBT, Borderline Personality Disorder, suicide prevention, modified therapeutic communities, trauma-oriented treatment, correctional mental health program development, and alternatives to restrictive housing for mentally ill offenders.

Speaker Disclosure

Financial: Brandi Reynolds has an employment relationship with the Federal Bureau of Prisons Psychology Services Branch. She receives a speaking honorarium from PESI, Inc.

Non-financial: Brandi Reynolds has no relevant non-financial relationship to disclose.

Brandi Reynolds, Psy.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

Target Audience:

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

Conference on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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.

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 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.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

Counselors: This intermediate activity consists of 12.5 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.

Louisiana Counselors: This course has been submitted to the Louisiana Counseling Association for review.

Marriage & Family Therapists: This activity consists of 760 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.

Louisiana Marriage & Family Therapists: This course has been submitted to the Louisiana Association for Marriage and Family Therapy for review.

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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Psychiatrists: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. Course Level: Intermediate.

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 12.5 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.

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.



DON'T FORGET TO SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE REGISTRATION

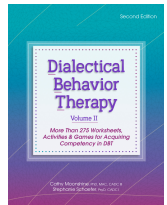


Dialectical Behavior Therapy, Vol 1, 2nd Edition

The Clinician's Guidebook for Acquiring Competency in DBT

By Cathy Moonshine, PhD, MAC, CADCII 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

By Cathy Moonshine, PhD, MAC, CADCII and Stephanie Schaefer, PsyD, CADC I

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.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register: 2-DAY DIALECTICAL BEHAVIOR THERAPY (DBT) INTENSIVE TRAINING COURSE

ONLINE
pesi.com/express/76156

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI, Inc.
PO Box 1000
Eau Claire, WI
54702-1000

2 Check seminar(s): (make copy for your records)

| | |
|---|---------------------------------------|
| NEW ORLEANS, LA | |
| Embassy Suites Hotel New Orleans - Convention Center 315 Julia St • 70130 (504) 525-1993 | |
| <input type="checkbox"/> January 20 & 21, 2020 | <input type="text" value="76156NOL"/> |

Register now!
pesi.com/express/76156

Group Discounts Available!

ADA NEEDS

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

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.

TUITION OPTIONS

• **FREE Military tuition:** 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.*

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.
Cannot be combined with other discounts.

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code:

See mail code box on address panel on reverse side

Name _____ Profession _____
Employer Name _____
Employer Address _____
Dept/Floor/Suite _____
City _____ County _____
State _____ Zip _____
Home/Cell Ph () _____
Dept. Ph () _____
*E-mail address _____

**Registrant's e-mail is required to receive your certificate of completion and registration confirmation.*

3 Check tuition: (includes manual)

- ☐ **\$439.99** per person postmarked 3 weeks prior to event or per person for 2 or more preregistering together
☐ **\$499.99** standard tuition per person

Add-On Products

Distributed at seminar—FREE SHIPPING!

- ☐ **\$29.99*** *Dialectical Behavior Therapy, Vol 1, 2nd Edition* book
☐ **\$34.99*** *Dialectical Behavior Therapy, Vol II, 2nd Edition* book

**Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR*

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).
☐ Check enclosed payable to **PESI, Inc.**
☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits
Card # _____
Card Exp. _____ V-Code #*: _____
Signature _____

*(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)*

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

2-Day Dialectical Behavior Therapy (DBT) Intensive Training Course

___ **DVD*** (video) \$439.99 (RNV053240)
___ **CD*** (audio) \$439.99 (RNA053240)
___ *Dialectical Behavior Therapy, Vol 1, 2nd Edition* book* \$29.99 (PUB085935)
___ *Dialectical Behavior Therapy, Vol II, 2nd Edition* book* \$34.99 (PUB085940)

| | |
|---|------------------------|
| CE hours and approvals on products may differ from live CE approvals. | Product total \$ _____ |
| *Shipping is \$6.95 first item + \$2.00 each add'l item. | *Shipping _____ |
| **Residents add applicable state and local taxes except in AK, DE, MT, NH, OR | Subtotal _____ |
| | **Tax _____ |
| | TOTAL _____ |



FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2019 PESI, Inc.

MS