

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

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



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

Dr. Stephanie Schaefer, is a licensed psychologist and certified alcohol drug counselor in Portland, Oregon. She has worked with clients from a variety of backgrounds and in various settings, including both outpatient and residential community mental health settings. In addition, Dr. Schaefer has provided DBT and co-occurring disorders trainings regionally, nationally, and internationally, and mentors colleagues and supervises graduate-level practicum students. Dr. Schaefer is a faculty counselor at Clackamas Community College, where she has the opportunity to teach and regularly utilize her DBT skills.

Speaker Disclosures:
Financial: Stephanie Schaefer is a Faculty Retention Counselor at Clackamas Community College. She is an adjunct faculty at Pacific University. Dr. Schaefer receives a speaking honorarium from PESI, Inc.
Non-financial: Stephanie Schaefer has no relevant non-financial relationship to disclose.

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Dialectical Behavior Therapy (DBT) Certificate Course

2-Day Intensive Training

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Monday & Tuesday
July 29 & 30, 2019

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- 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.

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

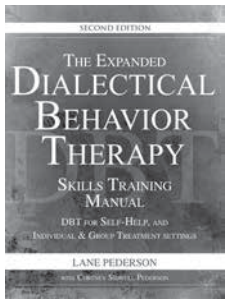
Attend this 2-day certificate course and receive a detailed understanding and foundation of the skills of Dialectical Behavior Therapy (DBT) as applied to clients with mental health and chemical dependency issues. Going beyond symptom management, these skills are designed to improve functioning to build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

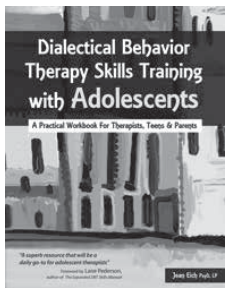
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The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition: DBT for Self-Help and Individual & Group Treatment Setting

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

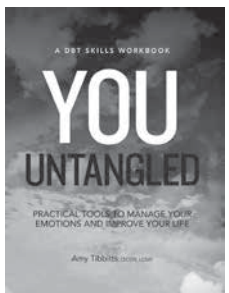
Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful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



Dialectical Behavior Therapy Skills Training with Adolescents: A Practical Workbook for Therapists, Teens & Parents

By Jean Eich, PSYD, LP

A comprehensive training manual filled with age-relevant skills explanations, examples, activities and applied worksheets for real-life situations. Separated into three easy-to-use parts; the therapist section focuses on practical DBT strategies and guidance to balance therapy with parents.



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.



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.



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Dr. Stephanie Schaefer is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

LIVE COURSE CONTINUING EDUCATION CREDIT INFORMATION

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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.

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