

Speaker

**John Lothes, M.A., LPA, LCAS-A**, is a licensed psychological associate in Wilmington, North Carolina. As a clinician, John was hired by Delta Behavioral Health in 2008 to help start up and run their Dialectical Behavioral Therapy based partial hospital program and a DBT-based substance abuse intensive outpatient program (SAIOP). Since 2008, John has provided supervision to interns that have been trained in the partial hospital program and the SAIOP, teaching them how to apply DBT skills to their therapy. John also incorporates DBT into his individual practice working with a number of disorders. John was introduced to DBT during his internship at the New Hanover County Behavioral Health Hospital, an inpatient facility where he eventually led DBT groups in both their inpatient partial hospital program and substance abuse program. While on internship, in August of 2004, John spent a week training on DBT with Dr. Linehan at the New England Education Institute in Cape Cod, MA.

John is a part-time faculty member at University of North Carolina Wilmington in the Department of Psychology and the Department of Health and Applied Human Sciences. He has published research on mindfulness and the cultivation of mindfulness in individuals. He continues to research mindfulness and is conducting research on DBT and the reduction of perceived suffering in partial hospital patients. John is also an Ed.D. candidate at the University of North Carolina Wilmington.

Speaker Disclosure:

Financial: John Lothes II has an employment relationship with Delta Behavioral Health. He receives a speaking honorarium from PESI, Inc.

Non-financial: John Lothes II has no relevant non-financial relationship to disclose.

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 streamlined diary cards and chain analysis protocols



Course 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 conference 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](http://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.

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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 conference, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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.

Target Audience:

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

John Lothes, M.A., LPA, LCAS-A, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

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

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Dialectical Behavior Therapy (DBT) Certificate Course

2-Day Intensive Training



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Thursday & Friday  
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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 streamlined diary cards and chain analysis protocols

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Become  
CDBT  
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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 conference with increased DBT competency as well as many new tools including client worksheets to bring to your clinical practice.

## 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.

Earn Your

Certificate

Today!

## 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

Questions?

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

## 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 [cespi@pesi.com](mailto:cespi@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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**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.

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**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.

**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.

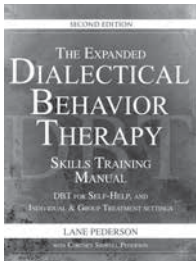
Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

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**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 COURSE REGISTRATION\*



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

By Lane Pederson, Psy.D., LP

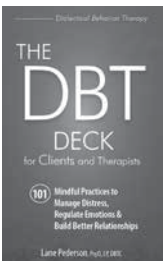
Beyond updates to the classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social media. Straightforward explanations and useful 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 & Parents

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!



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

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**WALK-INS**  
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- **Groups of 5 or more:** Call 800-844-8260 for discounts.
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## 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!

- ☐ **\$34.99\*** *The Expanded DBT Skills Training Manual, 2nd Edition*
- ☐ **\$19.99\*** *The DBT Deck for Clients and Therapists* card deck

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

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