

## 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.

Certificate of completion will be awarded at the end of the course

This course counts towards 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.

### 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. 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.

Anastasia M. Harmeyer, MS, MSW, LCSW, LCAS., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.



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.

### Conference on DVD or CD Package:

You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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](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.

### 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.

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## Dialectical Behavior Therapy (DBT) Certificate Course

### 2-Day Intensive Training

LITTLE ROCK, AR  
Thursday & Friday  
November 7 & 8, 2019

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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 diary cards and chain analysis protocols

LITTLE ROCK, AR  
Thursday & Friday  
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Details Inside



# 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

**Conference 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

**Anastasia M. Harmeyer, MS, MSW, LCSW, LCAS**, is a licensed clinical social worker and a licensed clinical addictions specialist. She has worked as a director of a community mental health/substance use facility as well as in private practice. Anastasia has extensive experience working with DBT through clinical directorship, direct practice, and training facilitation. Additionally, she has run a full fidelity DBT program for over 4 years and has experience implementing DBT with both the adolescent and adult populations. Anastasia utilizes her previous experience working for over three years with adolescents in the juvenile justice system to build rapport and engage even her most challenging clients in treatment. Anastasia has a unique way of utilizing a variety of approaches to keep clients engaged and uses their stressors as learning opportunities to teach and implement various DBT skills.

Speaker Disclosure:

Financial: Anastasia Harmeyer is the center director for Daymark Recovery Services. She has an employment relationship with Calming Waters. Ms. Harmeyer receives a speaking honorarium from PESI, Inc.

Non-financial: Anastasia Harmeyer has no relevant non-financial relationship to disclose.

### Target Audience:

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

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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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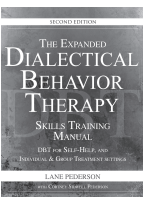
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