

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

**Megan Johnson Dunston, MS, LCMHC,** is a Licensed Clinical Mental Health Counselor and adjunct faculty member at the University of Vermont. From 2006 until 2017 Megan was a clinician in the Crossroads program treatment team, providing partial hospital, intensive outpatient and outpatient services to adults using the Dialectical Behavior Therapy modality. In this capacity she also served as the clinical site supervisor for master’s level interns. In 2017 Megan co-founded Meridian DBT & Psychotherapy, PLC, a private practice that provides research-based outpatient psychotherapy services, including DBT coping skills groups, individual therapy, and consultation and supervision services. In addition to clinical work, Megan has led workshops for staff at Matrix Health Systems, the Howard Center, and the Northeastern Family Institute focusing on aspects of DBT (dialectics, contingency management, self-harm behavior, etc). Other areas of clinical interest pertain to conflict resolution, body image, self-efficacy beliefs, grief, parenting/ pregnancy issues, intimate partner abuse and aging.

Speaker Disclosures:  
Financial: Megan Johnson Dunston is an adjunct faculty member at the University of Vermont. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Megan Johnson Dunston has no relevant non-financial relationship to disclose.

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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.

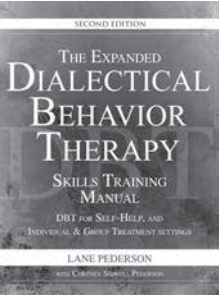
This course explores DBT's theoretical basis, specific DBT interventions, and how to teach skills in individual and group settings. Familiarity with these skills and techniques along with experiential exercises will enhance your clinical skills and professional development.

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 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, 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*

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! Filled with coping strategies, tools to accept change, self-soothing practices, ways to increase self-respect, and conflict resolution tips.

### **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.

Megan Johnson Dunston, MS, LCMHC, 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).

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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 professions standards.

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