

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

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

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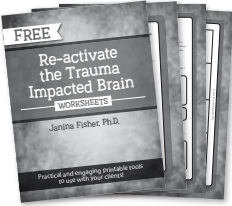
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Dialectical Behavior Therapy (DBT)

2-Day Intensive Training



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PORTLAND, ME
Thursday & Friday
January 9 & 10, 2020

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Dialectical Behavior Therapy (DBT)

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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Details Inside

Dialectical Behavior Therapy (DBT)

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

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.

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

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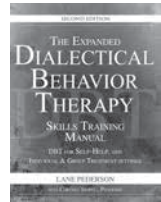
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By Lane Pederson, Psy.D., LP

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 additions and social media. Straightforward explanations and useful worksheets make skills learning and practice accessible and practical for both groups and individuals.

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By Lane Pederson, PSY.D, LP

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