

2-Day Dialectical Behavior Therapy (DBT) Intensive Training Course

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 intensive training 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. 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.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

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2-Day Dialectical Behavior Therapy (DBT)

Intensive Training Course

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COLUMBUS, OH
Monday & Tuesday
February 24 & 25, 2020

CINCINNATI, OH
Thursday & Friday
February 27 & 28, 2020

Register now! pesi.com/express/76823

2-Day Dialectical Behavior Therapy (DBT)

Intensive Training Course

- 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

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

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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

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.

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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 Disclosure

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.

Megan Johnson Dunston, MS, LCMHC, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

Target Audience:

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

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Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.

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 cepsi@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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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.

Ohio Chemical Dependency Professionals: This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Kentucky Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/76823.

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Kentucky Marriage & Family Therapists: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

Ohio Marriage & Family Therapists: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 12.5 clock hours of continuing education credit.

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.

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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.



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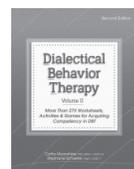


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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

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QUESTIONS

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