Dialectical Behavior Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most recognized and sought after therapies for a variety of difficult to treat client problems. The increasing pressure to adopt treatments that work makes DBT skills and strategies a must-have for all types of therapists.

This conference will teach you DBT from theory to application with up-to-date, accessible training and certification. You will experience Dialectics, Shifting Thoughts, Building Routines, Problem-Solving, and Boundaries. With a total of nine modules, this is the most comprehensive DBT skills manual available to therapists. In addition to fresh updates on the classic modules of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness, this new self-study training contains the entire suite of DBT skills training: Skills Training, Skills Training DVD, Skills Training DVD, and the DBTNCAA Annual Newsletter.

Benefits of Membership:
- **Discounts** on one-day and multi-day seminar sessions throughout the United States
- **Online access** to all CD-ROMs, DVDs and online courses
- **Certiﬁcation/Support** for those seeking DBTC certification
- **Annual Newsletter**

The expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for Self-Help, and Individual & Group Treatment Settings by Lane Pederson, Psy.D., LP, DBTC

Features:
- This clearly written and practical skills manual is an invaluable resource for those who conduct dual disorders treatment and their clients.
- The latest book by Dr. Pederson outlines the acceptance-based philosophies of DBT with evidence-based guidelines for implementing them in Integrated Dual Disorder Treatment (IDDT) settings along with comprehensive explanations of DBT skills tailored for those with dual disorders.
- The book is written and practical skills manual is an invaluable resource for those who conduct dual disorders treatment and their clients.
- The book is written in an approachable manner, making it accessible to a wide range of practitioners.
- Comprehensive skills for use in integrated therapy and treatment programs.
- A clearly written and practical skills manual is an invaluable resource for those who conduct dual disorders treatment and their clients.
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Don’t miss this opportunity to learn from Dr. Pederson, an in-demand international speaker, managing Challenging Behaviors.

**WEBINAR DETAILS**

Join us on February 3–6, 2015, for this live, interactive webinar! Participants can earn up to 8 CEUs. This seminar comes to you via live stream. It’s easy and convenient! Webinars provide everything you need for a premier educational experience in including real-time video and audio of the speaker, slides and handouts, and the ability to submit questions for live Q&A. Seminar materials are available for download. See the Certificate of Attendance for details.

**2015 DBT Conference**

The nation’s top speakers and authors contact PESI first. If you are not on our list, please contact us; 715-855-8214 or tkroll@pesi.com.

**About the Conference**

Dialectical Behavior Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most recognized and sought after therapies for a variety of difficult to treat client problems. The increasing pressure to adopt treatments that work makes DBT skills and strategies a must-have for all types of therapists.

This conference will teach you DBT from theory to application with up-to-date, accessible teaching and experimental exercises that emphasize evidence-based practice and therapeutic factors rather than rote adherence to a manual.

In four days, therapists of all levels will learn DBT essentials to integrate into their own practice, to confidently practice from a DBT orientation, and to continue their own personal development as a DBT therapist.

Grounding DBT in the contextual model of therapy, author and international speaker Lane Pederson, Psy.D., DBTC will show you how to customize this empirically supported treatment across settings and populations to make it work for you and your clients.

**About the Speaker**

Lane Pederson, Psy.D., LP, DBTC, an in-demand international speaker, who trained thousands of professionals in DBT in public and private settings. He is the author of Practicing Mindfulness in the Context of Life's Challenges: Using the Skills of DBT to Become More Mindful and Sane, co-author of Skills Training for Integrated Dual Disorder Treatment Settings and the forthcoming Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA), whose mission is to promote the evidence-based practice of DBT for the benefit of consumers.


Dr. Pederson's is an outspoken advocate of evidence-based practice and "living what you do" with clients across diverse settings and levels of care.

Knowable, knowledgeable, and sometimes irreverent, he is highly rated by audiences for making treatment concepts accessible to therapists.
OUTLINE

Developing the Foundation

- Essentials of DBT
- Mindfulness and DBT
- Consultation and Meta-Modeling

DBT Therapy

- Validation
- Change Techniques
- Mindfulness techniques
- Asses and Manage Suicidal Ideation (SI)

Managing Challenging Behaviors

- Diary Cards: Standard and Adapted
- Behavioral Chain (Change) Analysis
- Build awareness and options
- Increase your motivation

OBJECTIVES

- Describe DBT from the contextual model of therapy.
- Discuss the definition of mindfulness and the therapeutic factors that most improve outcomes.
- Discuss the phases of DFT in action.
- Describe how DFT services drive outcomes.
- Describe the role of natural and group therapeutic factors in the treatment process.
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Skills Training

- Integrate skills training into therapy.
- Develop effective strategies for teaching skills.
- Demonstrate how to effectively teach the five DFT skill modules.
- Teach and track supplemental DFT skill modules.

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Managing Challenging Behaviors

- Develop a plan for the further education as a DBT therapist.
- Operate with consultation groups and treatment teams.
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Questions?

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