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.

“DBT skills work, because I stole every one of them from evidence based treatment. The overwhelming amount of data coming in shows us that skills work.”

-Marsha Linehan, Ph.D. ABCT 46th Annual Convention 2012
Dialectical Behavior Therapy: Basics and Beyond

1. Apply DBT skills to mental health, chemical dependency, and complex co-morbidity.
2. Incorporate DBT skills into your individual and group treatment settings.
3. Use DBT efficiently, creatively and effectively.
4. Apply DBT inside-out from theory to application.
5. Develop your proficiency in DBT.
6. Enhance your clinical skills and professional development.

Outline

History & Philosophy of DBT
- Core concepts of DBT: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness
- Core philosophy of DBT: balance between change and stability

Skills Training
- Core skills of DBT: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness

Distress Tolerance Skills
- Core distress tolerance skills: behaviors that are self-reinforcing, behaviors that are self-destructive, behaviors that are self-limiting, and behaviors that are self-enhancing

Emotional Regulation Skills
- Core emotional regulation skills: identifying and understanding emotions, expressing emotions effectively, and regulating emotions

Interpersonal Effectiveness Skills
- Core interpersonal effectiveness skills: assertive communication, developing and maintaining friendships, and maintaining healthy boundaries

Objectives
1. Develop the ability to apply DBT skills to mental health, chemical dependency, and complex co-morbidity
2. Develop the ability to apply DBT skills to individual and group treatment settings
3. Develop the ability to apply DBT skills to self-care and life management

Day 1 - Dialectical Behavior Therapy: Basics and Beyond

Day 2 - Advancing Your Dialectical Behavior Therapy Practice

Guided by the latest research and policy in evidence-based practices, Day Two teaches the clinical context and process of DBT from theory to practice. Going beyond prescriptive applications, this seminar gives you the skills to use DBT as a tool for understanding and changing challenging interpersonal styles. The ways of characterizing changes in behaviors in order to improve balance, tolerance, 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.

Communications Skills
- Core communication skills: clear, concise, and effective communication

Structure Therapy
- Structure as a therapeutic factor
- Structure therapy to improve client outcomes

DBT Skills Training for Integrated Dual Disorder Treatment Settings
- By Laura Pederson, PsyD

DBT Skills Training for Integrated Dual Disorder Treatment Settings has been designed for individuals working with clients who have co-occurring substance use disorders and mental health disorders.

For more information, please visit www.pesi.com.