

# Outline

## Foundations of DBT

Biosocial Theory  
Characteristics of DBT  
DBT as an evidenced-based practice  
Dialectics: the balance of acceptance and change

## DBT in the Clinical Setting

Application of DBT in the individual and group therapy setting  
Skills training methods  
Validation strategies  
Research and limitations

## DBT Skills Training

### Mindfulness: Cultivate the Skills at the Core of Successful DBT Therapy

Acceptance vs. judgement  
Wise mind – achieve harmony between emotion and reason  
Accessible exercises for building mindfulness skills

Observation - keep clients calm, centered and aware

Describe - overcome assumptions

Participation - release judgement and fear

Strategies for teaching mindfully and exercises for therapy

### Interpersonal Effectiveness: Skills to Build Better Relationships and Lives

Tools to identify strengths

Balancing relationships with self-respect

Exercises and role play guidance on how to:

Develop healthy assertiveness skills

Enhance conflict resolution skills

Build empathy

Keep problems from building up

Resist pressure

Top strategies for changing behavior

### Emotion Regulation: Practical Skills for Healthier Emotions and Greater Resilience

Strong emotions and poor coping skills

How to change unwanted emotions

Reduce emotional vulnerability while practicing self-care

Opposite action skills to reduce maladaptive behavior

Emotion Regulation exercises

Self-soothing strategies that work

Learn the sleep hygiene protocol

## Distress Tolerance: Skills to Cope with Painful Moments and Survive Crisis

Developing crisis survival and reality acceptance skills  
4 options to solving problems  
Problem solving case studies  
Using pros and cons to make decisions  
STOP skills to manage crisis situations  
The steps to practicing radical acceptance  
Tools to accept change

## DBT in Clinical Practice

Analyzing behaviors: chain analysis & missing links analysis

Diary cards and homework with clients

Identify therapy interfering behaviors

Develop skills to identify and manage self-harming & suicidal behaviors

## Self-Harm and Suicidal Crises: A Roadmap for Assessment and Intervention

Screening and assessment tools for self-harming behaviors

Interventions and treatment considerations for the self-harming population

Suicide risk as a skills deficit problem

Tools and techniques to assess for level of risk

Firearms, medications, and lethal-means restriction plans that work

Safety plans and crisis intervention

## Adapt DBT with Different Populations

Children and adolescents

Trauma survivors

Substance abusers

## DBT: The Therapist and Consultation Group

3 ways to decrease therapist burnout

The characteristics of an effective DBT team

Integrating DBT into your practice

Learning Objectives can be viewed at [pesi.com/webcast/86435](http://pesi.com/webcast/86435)

### Live Webinar Schedule (all 3 days) (Times listed in Central)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:40** 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.

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## Certification Training

- Core skills and adaptations to successfully bring DBT into your practice
- Overcome common stumbling blocks to implementing DBT
- Easy to use worksheets and exercises



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## Target Audience:

Counselors • Psychologists • Psychotherapists • Social Workers • Marriage & Family Therapists  
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*\*Professional standards apply. Visit [www.evergreencertifications.com/CDBT](http://www.evergreencertifications.com/CDBT) for professional requirements.*

## Meet Your Speaker

**Charles Jacob, Ph.D.,** is a psychologist with over 15 years of clinical experience conducting and overseeing the delivery of mental health services to individuals with severe mood and personality disorders as well as their families. He is past president of the Pennsylvania branch of the American Counseling Association and maintains a robust private practice in the suburbs of Philadelphia as a licensed psychologist, professional counselor and marriage and family therapist.

In addition to training in Dialectical Behavior Therapy for the treatment of borderline personality disorder, Dr. Jacob is an expert in Cognitive Therapy and a highly regarded clinician and scholar. He is a recipient of PCA's David W. Hall Advocacy Award, and has been a featured interview in *Counseling Today* as well as NPR's *The Pulse*.

Dr. Jacob is a full time faculty member in the Human Development Quantitative Methods Division at the University of Pennsylvania's Graduate School of Education. He received his PhD from The Pennsylvania State University and completed a year of additional training at the Center for Cognitive Therapy at the University of Pennsylvania.

Speaker Disclosures:

Financial: Charles Jacob is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Charles Jacob is a member of the Pennsylvania Counseling Association; American Counseling Association; and the American Mental Health Counseling Association.

Charles Jacob, Ph.D., is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage & Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

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## Recommended Reading:

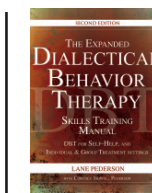


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Cathy Moonshine, PhD, MAC, CADCIII  
Stephanie Schaefer, PsyD, CADC I

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### The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition

Lane Pederson, PsyD, LP  
Courtney Pederson, MSW, LICSW

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