

# 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/86463](http://pesi.com/webcast/86463)**

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

**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.

## Free Video

**Tool for Helping Clients Who Have Trouble Communicating Their Thoughts**

Get yours today at [pesi.com/1182video](http://pesi.com/1182video)

NON-PROFIT ORGANIZATION  
 U.S. POSTAGE PAID  
 EAU CLAIRE, WI  
 PERMIT NO. 32729

## Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

PESI, Inc.  
 P.O. Box 1000  
 Eau Claire, WI 54702-1000

# 3-DAY Dialectical Behavior Therapy Certification Training

## Live Interactive Webinar

**Monday - Wednesday, January 24 - 26, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:  
[pesi.com/webcast/86463](http://pesi.com/webcast/86463)

Live Online Certification Training

# 3-DAY Dialectical Behavior Therapy

## Certification Training



Featuring Internationally Recognized DBT Expert, Speaker & Author,  
**Lane Pederson, Psy.D., LP**



**Limited Time Offer**  
 Your Certification Application Fee  
 (\$249 value!) Included - On PESI! See details inside

## Live Interactive Webinar

**Monday - Wednesday, January 24 - 26, 2022**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:  
[pesi.com/webcast/86463](http://pesi.com/webcast/86463)

# 3-DAY Dialectical Behavior Therapy Certification Training

Dialectical Behavior Therapy (DBT) is so popular because **it works!**

It even works with your most difficult clinical cases from suicidal and self-injurious behaviors to depression, anxiety, trauma, and substance use disorders.

Join internationally recognized DBT expert, speaker and author Dr. Lane Pederson in this 3-Day Certification Training and learn the DBT skills, tools, and techniques to **transform your practice** and finally **see results** with clients who have been chronically stuck.

Whether you're interested in putting together a DBT Program, or simply want to add DBT to your eclectic or integrative style, Dr. Lane Pederson makes DBT accessible, practical, and gives you the confidence to bring this approach straight to your clients.

Best of all, upon completion of this live training, you'll be eligible to become **Certified in Dialectical Behavior Therapy (C-DBT)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of using DBT in counselling. Professional standards apply. Visit [www.evergreencertifications.com/CDBT](http://www.evergreencertifications.com/CDBT) for details.

Sign up today and get the skills and confidence you need to successfully help your clients with the power of DBT!

## Target Audience:

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



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

## PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [www.pesi.com/info](http://www.pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Jon Olstadt** at [jolstadt@pesi.com](mailto:jolstadt@pesi.com) or call **715-855-5215**.

## CERTIFICATION MADE SIMPLE!

EVERGREEN  
CERTIFICATIONS

- No hidden fees – **PESI pays for your application fee (a \$249.99 value)!**
- Simply complete this live event and the post-event evaluation included in this training, and your application to be **Certified in Dialectical Behavior Therapy** through Evergreen Certifications is complete.\*

*Attendees will receive documentation of C-DBT designation from Evergreen Certifications 4 to 6 weeks following the program.  
\*Professional standards apply. Visit [www.evergreencertifications.com/CDBT](http://www.evergreencertifications.com/CDBT) for professional requirements.*

## Meet Your Speaker

**Lane Pederson, Psy.D., LP**, has provided Dialectical Behavior Therapy (DBT) training and consultation to over 10,000 professionals in the United States, Australia, South Africa, Dubai, Canada, and Mexico through his training and consultation company, Lane Pederson and Associates, LLC ([www.DrLanePederson.com](http://www.DrLanePederson.com)). A real world practitioner, Dr. Pederson co-owns Mental Health Systems, PC (MHS), one of the largest DBT-specialized practices in the United States with four clinic locations in Minnesota ([www.mhs-dbt.com](http://www.mhs-dbt.com)). At MHS Dr. Pederson has developed DBT programs for adolescents, adults, people with dual disorders, and people with developmental disabilities. He has served as clinical and training directors, has directed practice-based clinical outcome studies, and has overseen the care of thousands of clients in need of intensive outpatient services.

Dr. Pederson's DBT publications include *The Expanded Dialectical Behavior Therapy Skills Training Manual, Second Edition* (PESI, 2017); *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners* (Wiley, 2015); and *Dialectical Behavior Therapy Skills Training in Integrated Dual Disorder Treatment Settings* (PESI, 2013).

### Speaker Disclosure:

Financial: Lane Pederson maintains a private practice. He is an author for PESI Publishing & Media and receives royalties. Dr. Pederson receives a speaking honorarium from PESI, Inc.

Non-financial: Lane Pederson has no relevant non-financial relationship to disclose.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit [www.pesi.com/webcast/86463](http://www.pesi.com/webcast/86463)

### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 21.0 contact hours.

This program is Approved by the National Association of Social Workers (Approval # 886759332-9756) for 21.0 Social Work continuing education contact hours.

**ACE** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 21.0 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Earn up to  
**21 CE**  
Hours for one  
low price!

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: [www.pesi.com/webcast/86463](http://www.pesi.com/webcast/86463)

# SIGN UP-TODAY! Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/86463](http://pesi.com/webcast/86463)**

## Live Interactive Webinar (Option 1)

January 24-26, 2022 PWZ86462

**\$599.99** tuition

8am Pacific time

### Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

**\$599.99** POS056220

### Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate  
CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

## DVD (Option 3)

**\$599.99** RNV056220

### DVD Experience:

- Self-study CE certificate available  
CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

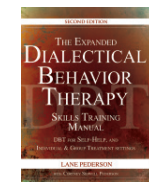
## Recommended Reading:



**The DBT Deck for Clients and Therapists**  
101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships & Parents

Lane Pederson, PSY.D, LP  
~~\$19.99~~ **\$14.99\***

PUB085485



**The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition**  
DBT for Self-Help and Individual & Group Treatment Settings

Lane Pederson, Psy.D., LP & Cortney Pederson, MSW, LICSW

~~\$34.99~~ **\$24.99\***

PUB084840

*\*Discount Included with purchase of the Webinar*

## OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000

Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

## ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

## QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

## TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2021