

# 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/88047](http://pesi.com/webcast/88047)**

### 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.

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# 3-DAY Dialectical Behavior Therapy Certification Training

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

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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.

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## Meet Your Speaker



**Lane Pederson, PsyD, 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.

Lane Pederson, PsyD., LP, is not affiliated or associated with Marsha M. Linehan, PhD, ABPP, or her organizations.

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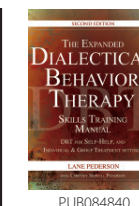
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## Recommended Reading:



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

Lane Pederson, PsyD, LP  
~~\$22.99~~ **\$17.99\***



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